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HIGH INFIDELITY

DIAZ GETS PLAYED IN THE OTHER WOMAN. USE METRO AR TO SEE A CLIP PAGE 21

Reprieve pitched for band program

Education. Vancouver School Board chair proposes solution during budget consultations

MATT KIELTYKA
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The band and strings program in 53 Vancouver elementary schools may not be dead yet.

Vancouver School Board chair Patti Bacchus floated a potential solution at budget consultations Tuesday night that may spare the band program from the chopping block.

Bacchus called for the board to use government holdback funds to give the program a one-year reprieve so a task force can find a financially sustainable way to keep the program going long-term.

The cut to the band and strings program is one of many proposed as the VSB tries to balance its 2014-15 budget, as required by law, in the face of an $11.65-million shortfall.

That shortfall was originally projected to be $12.34 million, but Bacchus told Metro the figure was readjusted Tuesday after the provincial government released $585,000 to the school board in holdback funds and revised its fall enrolment projections for further savings of $110,000, at the expense of two full-time administration positions.

A student enrolled in the Vancouver School Board's band and strings program, which is at risk of being axed. COURTESY VSB

For now, cutting the program and "many very difficult proposals … just as important as music" remain on the table, according to Bacchus.

The band and strings program was defended by many people during public consultations and was the subject of an online petition that collected more than 1,700 signatures.

Other cost-saving measures in the VSB preliminary budget include cutting continuing education for adults, closing 28 classrooms, eliminating 23 full-time positions — including the district's athletics co-ordinator — and scaling back class time by three days.

The shortfall has made for heated and painful budget consultations.

"It's been horrible," admitted Bacchus.

The VSB will vote on a final budget April 30.

Follow Matt Kieltyka on Twitter @Mkieltyka

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Only bikini-clad bombshells left at beach: Parks Canada

Wickaninnish Sand Dunes reopened.
Mortar shell was found on beach back in 2012

EMILY JACKSON
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Beach strollers no longer have to tread lightly for fear of setting off historic bombs buried in the sand dunes in B.C.'s Pacific Rim National Park Reserve.

Parks Canada has re-opened the Wickaninnish Sand Dunes near Ucluelet two years after it was closed for public safety when someone found an unexploded mortar shell from the Second World War in February 2012.

The Department of National Defence believes the risk of uncovering additional explosives is low after conducting an extensive geophysical survey of the dunes last year.

While a site with unexploded ordnance can never be declared hazard-free, the search for more explosives using geophysical sensors turned up nothing more than scrap metal, said Pacific Rim National Park Reserve Supt. Jim Morgan.

"There were lots of bits of metal found but no more mortar shells or hand grenades," Morgan said, adding that all the metal was dug out. "We're delighted to let people back in there."

That said, Morgan warned visitors not to touch anything they don't recognize in the sand just in case a stray shell was missed.

Visitors can once more check out the hills behind Wickaninnish Beach, complete with unusual dune plants such as the pink-sand verbena and elevated ocean views. Parks Canada offers tours of the area, dubbed one of Canada's rarest ecosystems.

Parks Canada is also in the midst of restoring the dune ecosystem, with volunteers pulling acres of invasive grasses. The project will be able to continue due to the return of tourists to the area.

Pacific Rim National Park Reserve has re-opened its sand dunes after a two-year closure due to the discovery of unexploded ordnance. COURTESY JOSH MCCULLOCH/PARKS CANADA

Wounded skydiver buried in medical debt

Kenzie Markey, left, with friend Kelley Richardson. COURTESY KELLEY RICHARDSON

A Squamish woman seriously injured in a skydiving accident in Arizona was set to be airlifted to Vancouver by Tuesday evening.

"I'm really excited about it," friend Kelley Richardson told Metro that afternoon.

Kenzie Markey, 32, has spent the past two weeks fighting for her life in a Phoenix hospital after a horrific skydiving accident on April 6.

Richardson started a Fundrazr campaign to help cover her friend's mounting medical bills in the States.

Although Markey had travel insurance, Richardson said Markey's family told her the plan does not cover "hazardous activities."

According to Richardson, the total medical bill is expected to be about $500,000, while the cost of the air ambulance is expected to be between $30,000 and $45,000.

As of Tuesday, the Fundrazr campaign had raised just over $17,000.

Markey, an extreme-sports enthusiast, was on her final jump of the day when she was swept up in a dust devil, causing her parachute to collapse and sending her plummeting to the ground.

She suffered extensive injuries, including a broken femur, foot, pelvis, skull, eye socket, nose and a collapsed lung.

THANDI FLETCHER/METRO

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How a hit to the groin saved Craig McAllister's life

Testicular cancer. If not for his young son, Vancouverite may not have had an early diagnosis

THANDI FLETCHER
vancouver@metronews.ca

When Craig McAllister's young son Dylan accidentally hit him in the groin last February, he never suspected the lingering pain he endured could be cancer.

The four-year-old was trying to give his dad a hug when his hand slipped, McAllister explained.

"It was like being kicked," McAllister told Metro. "The pain never left. It just kind of stuck around."

McAllister, who lives in North Vancouver, decided to visit his family doctor to get checked out, and was sent for an ultrasound. Almost immediately, he knew something was wrong.

"The radiologist came in and told me he was quite concerned," he recalled. "I knew it wasn't good."

It wasn't long before McAllister received the devastating diagnosis of testicular cancer. He was quickly scheduled for surgery, followed by two rounds of chemotherapy. It was a difficult time, said McAllister, whose wife was pregnant at the time with their second son.

Today, McAllister said he is lucky to be in remission. If it wasn't for his son's accidental hit to the groin, his doctor told him they might not have caught the cancer as early as they did.

"I owe him huge," said McAllister. "He has no idea."

By telling his story, McAllister is hoping to raise awareness of below-the-waist cancers in support of Awareness to Downthere-ness Day, an annual day that aims to encourage discussion of cancers like prostate, testicular, ovarian, uterine, colorectal, bladder and cervical cancer.

People tend to shy away from talking to their doctors about these types of cancers because it's awkward and embarrassing, said McAllister.

"But it's pretty crucial," he said. "For the time it takes, it's worth your life."

The initiative aims to encourage people to register for Vancouver's Underwear Affair, taking place July 5, an annual event that sees hundreds of Vancouverites strip down to their underwear for a 5K or 10K fun run and a treasure hunt to raise funds for the B.C. Cancer Agency.

The event aims to inject fun into the otherwise serious topic of cancer in an effort to get people talking about it, said Doug Nelson, president and CEO of the B.C. Cancer Foundation.

"It's critical that people are paying attention to their bodies," he said.

For more information, visit uncoverthecure.org.

Craig McAllister, pictured here with wife, Cristina, and son Dylan, discovered he had testicular cancer after his son accidentally hit him in the groin last February. He is now trying to raise awareness of below-the-waist cancers. CONTRIBUTED

B.C. to fund innovative breast cancer test

The B.C. Cancer Agency is now funding the Oncotype DX test.
COURTESY GENOMIC HEALTH

The B.C. Cancer Agency is now funding a diagnostic test that helps doctors determine if women diagnosed with a common type of breast cancer will benefit from chemotherapy.

"It's a big deal," said Dr. Stephen Chia, a medical oncologist with the B.C. Cancer Agency. "It's really the first test that we have that helps to better refine what the benefit of chemotherapy is."

The Oncotype DX test helps oncologists predict whether a women's breast cancer is likely to come back. The test only works for women with early-stage hormone receptor-positive invasive breast cancer, a common type of breast cancer, said Chia.

Until recently, B.C. women whose doctors recommended they have the test had to pay for it out of pocket. Each test costs $4,400 US and can only be tested in a California lab, said Chia.

Chia estimates that the test could benefit between 600 and 700 B.C. women each year.

B.C. is the sixth province to fund the test, following Alberta, Ontario, Quebec, Saskatchewan and Newfoundland.

Chia said the test allows doctors to make better decisions for patient care, as it can spare many women from undergoing unnecessary chemotherapy. The potential negative side effects of chemo include premature menopause and a rare but possible risk of heart or nerve damage, he said.

Studies show that when doctors have the test available to them, it changes their decision on a patient's chemotherapy 30 per cent of the time, said Chia.

MJ DeCoteau, executive director of Rethink Breast Cancer, a national breast cancer charity that has been campaigning to get the Oncotype DX test covered in B.C., said the decision to fund the test is a big step for breast cancer patient care.

"Sometimes having some cold, hard numbers can help women make that decision (to undergo chemotherapy)," said DeCoteau.

The test has been considered "standard of care" for some time in the U.S. and Europe, said DeCoteau.

THANDI FLETCHER/METRO

Swimwear for 'real' women surpasses $10K Indiegogo goal

Three weeks after launching an Indiegogo crowdfunding campaign for apparel startup Nettle's Tale Swimwear, the company has already surpassed its goal of raising $10,000 to get the business off the ground.

The Vancouver-based company really struck a chord with women for its honesty — it refuses to use Photoshop or retouching in its images, which feature local women wearing swimwear designed specifically for their bodies and purposes, founder Julia Church said.

Church was "definitely pleasantly surprised" both to beat the fundraising goal quickly and to receive dozens of messages from women excited about the swimwear.

"It's emotion or excitement for something possibly being available that makes them feel like they fit," Church said. "Women are kind of sick of just talking about the way they're projected in the media … they're ready to see companies actually doing something about it with what they're marketing."

With more than $12,000 raised and 45 suits sold so far, Church expects to break even this year and develop designs for the fall. The company sources its material from Burnaby and manufactures its swimwear on Clark Drive.

The company's long-term goal is to sell suits from a destination retail location. In the interim, it hopes to work with local retailers and pop-up shops to create buzz around the brand.

EMILY JACKSON/METRO

Julia Church CONTRIBUTED

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Pier Park. Life's a beach in New Westminster

Lower Mainland beach bums will have a new place to call home this summer as New Westminster moves ahead with a temporary urban beach.

Sandy shores dotted with bright parasols and volleyball courts are being planned for Pier Park's timber wharf, overlooking the Fraser River just east of the city's Quay and River Market, to give locals a taste of the French Riviera at home.

"Sand just makes people feel beachy. I think it will be a great place for families to come, especially for kids," said New Westminster Mayor Wayne Wright. "It's a good option until we find out what we want to achieve with the park. The sand and volleyball nets are already there and there are many places around the world that have done it."

The beach — which won't have access to the fast flowing river for safety reasons — will be the first part of an anticipated $650,000 development of the wharf at the end of Pier Park, which opened in 2012.

Other possible additions to the wharf — as funding becomes available — include sports activity areas, fitness stations, a labyrinth and an off-leash dog enclosure. Wright said the city is looking into possible water features as well.

He expects the beach to be ready for public use in July.

MATT KIELTYKA/METRO

Stage 1 strikes. B.C. teachers begin job action

Low-level job action begins in schools Wednesday as teachers attempt to pressure the government at the bargaining table.

Teachers will no longer communicate in written, printed or electronic form with administrators, nor will they supervise students outside the classroom during recess as Stage 1 strikes kick off for members of the B.C. Teachers' Federation.

BCTF president Jim Iker said the impact on classrooms will be minimal, but hopes the move — voted on by 89 per cent of teachers — sends a message to government.

"There hasn't been much movement (at the table)," Iker said. "We want to see a fair and respectful offer."

Iker admitted some progress has been made in negotiations, but not enough since BCTF announced a strike vote on Feb. 25.

Iker says the government has offered a 6.25 per cent wage hike but teachers want a nine per cent jump, plus a cost-of-living increase, which the government has said could equal an untenable 13 per cent raise over three years.

The union is refusing to sign a 10-year contract agreement, and says it wants class size and composition provisions restored in its contract in keeping with a B.C. Supreme Court decision that awarded the union $2 million in damages.

MATT KIELTYKA/METRO, WITH FILES FROM THE CANADIAN PRESS

South Vancouver

More funds for seniors centre

South Vancouver residents might get more cash to build their badly needed Killarney seniors centre. The province is expected to announce an additional $1.2 million in funding on Wednesday, sources told Metro, which would take the total investment to $8.7 million from the $7.5 million requested. It will bring provincial investment up to $2.5 million. Earlier this year, the province expressed no intention of topping up its funding, prompting the city to dedicate $1.2 million from its 2013 operating surplus to the centre.

EMILY JACKSON/METRO

Clearwater, B.C.

Mom of 3 killed, man faces charges

Mounties in Clearwater, B.C., say they expect charges to be laid against a man in connection to the death of a mother of three young children.

Police responded to a call for help Monday morning and found the dead woman inside a local home and her children missing.

On Monday afternoon, police say they took a man into custody without incident.

The three children were found in the same home as the suspect and police say they weren't physically harmed.

THE CANADIAN PRESS/CHNL

Feats of fitness and finesse

Performers Gael Ouisse and Alevtyna Titarenko showcase their Hand-to-Hand routine at the media preview for Cirque du Soleil's Totem, which will be opening in Vancouver on May 15.

MATT DESOUZA/METRO

Previous judge made 'significant errors' in Mountie trial: Crown

Taser case. Const. Bill Bentley was acquitted of perjury after death of Robert Dziekanski

The Crown says an RCMP officer who was acquitted of perjury for his testimony at the inquiry into Robert Dziekanski's death should be put on trial for a second time, arguing a judge made "significant errors" when he rejected the theory that Const. Bill Bentley and his fellow officers colluded to lie about what happened.

Bentley was among four officers who confronted Dziekanski at Vancouver's airport on Oct. 14, 2007, when the Polish immigrant was repeatedly stunned with a Taser and died.

He was found not guilty last year. The other three officers also charged with perjury are still awaiting trial.

The Crown's theory was that the officers worked together the night of Dziekanski's death to concoct a story to tell investigators and then lied at the public inquiry to cover up their collusion.

But the judge said there were other reasonable explanations for what Bentley said, both in his statement to homicide investigators and during his testimony at the inquiry. He concluded the Crown failed to prove Bentley lied at any point.

The Crown appealed, and in recently filed court documents, prosecutors argue there was ample evidence to prove the officers colluded. Prosecutors contend the judge failed to properly consider the evidence and apply the law.

"The trial judge committed three significant errors in his approach to the evidence that the RCMP officers had collaborated," says the Crown's written arguments, filed earlier this month.

"Had the trial judge correctly approached the issue of collaboration and considered all of the relevant evidence on this point ... there is a reasonable possibility that the respondent might not have been acquitted."

The documents say the judge incorrectly focused on whether there was evidence of collusion before the public inquiry in 2009, even though the Crown's theory was that the officers actually collaborated on the night of Dziekanski's death.

THE CANADIAN PRESS

Cuts mean fewer meat inspections, more fraud: Union

Food inspectors union announced concerns with food fraud in Metro Vancouver. THE CANADIAN PRESS

Canada's food safety system is being pushed beyond its limits, warns the union representing federal food inspectors, which singles out Vancouver-area consumers as potentially the most at risk.

Some $35 million and 192 inspectors are on the food safety program's chopping block over the next two years, according to online documents posted by the Canadian Food Inspection Agency. The agency has also disbanded a team of inspectors dedicated to protecting consumers from food fraud throughout Metro Vancouver. The Consumer Protection Unit once boasted 11 inspectors, but that number dwindled to four due to attrition.

B.C.'s Lower Mainland is now the only major metropolitan centre in the country without specialized surveillance, said the Public Service Alliance of Canada.

Having spoken to people within the CFIA and combed through the agency's internal documents, union officials say they've identified potential staffing and inspection weaknesses where health, financial and religious hazards could crop up.

"They're all overworked. There's not a manager in the agency right now who will tell you that they have enough resources to fully deliver what they're legally required to deliver," Bob Kingston, president of the agriculture union with PSAC, told reporters at a news conference on Tuesday.

THE CANADIAN PRESS

Designer Laura Siegel arranges scarves made from recycled saris for her Project Eleven27 at the Toronto Fashion Incubator in Toronto on Monday. Project Eleven27 was created to honour the lives lost in the Bangladesh garment factory collapse by partnering with artisans in India to hand-weave 1,127 limited-edition scarves. DARREN CALABRESE/THE CANADIAN PRESS

Weaving change for workers, one scarf at a time

One-year anniversary of tragedy. Canadian designer's Project Eleven27 honours victims of Bangladesh factory collapse

Seeing images emerge from the world's worst garment industry accident hit Laura Siegel hard — then led her to take action.

The award-winning Canadian designer has partnered with artisans in India on Project Eleven27, creating a collection of 1,127 scarves — one for each victim of the fatal building collapse in Bangladesh.

The April 24, 2013, tragedy at the illegally constructed Rana Plaza brought worldwide attention to the poor conditions endured by workers and renewed focus on the production practices used to create affordable goods.

"Being overseas and having visited a ton of factories at all different levels, I understand how that happened. And it was just sad because I felt that like it's something that almost could have been prevented if something was just done about it," said Siegel in an interview at the Toronto Fashion Incubator, a non-profit, small business centre that offers support and mentorship to budding homegrown designers and entrepreneurs.

Siegel, 26, spent a lot of time when she was younger travelling to developing countries, and has had the opportunity to do knitwear while in Peru and Bolivia where she learned of the passion for craft among the artisans.

"When I met individuals that were sustaining their culture that probably existed exactly the same way 1,000 years ago, (it) is just such a rare special moment," she said. "So I wanted to figure out a way for them to be able to continue to sustain what they're doing, but also to be able to continue relationships and connections with these people while designing — doing what I love — and supporting what they do."

To that end, Siegel's ready-to-wear womenswear label collaborates with artisans in rural villages around the world to help sustain craft — also a primary focus of Project Eleven27.

For the initiative, recycled saris sourced in Kutch, India, are laser-cut in Delhi and made into a yarn that's brought back to Kutch. Namori Vankar and his family then weave the brightly coloured saris into the scarves, which are a 50 per cent cotton, 50 per cent silk blend.

"Being able to sustain their craft, being able to continue their work is very special, especially in that region where a lot of people are forced to leave something that they've been practising in their families for so many centuries," said Siegel.

THE CANADIAN PRESS

How you can help

The 22-inch scarf retails for $135, while the 38-inch scarf — which can double as a sarong or wrap — sells for $195. The scarves will be available through Siegel's online boutique, luxury retailer Holt Renfrew and online retailers Shop Latitude and Shop Ethica.

- Project Eleven27 will be donating 25 per cent of proceeds to Sreepur Village, an organization in Bangladesh helping the families affected by the tragedy. To commemorate the one-year anniversary of the Rana Plaza disaster this Thursday, 40 per cent of sales of the scarves sold on that day will benefit the charity.

New York Times report

Canada's middle class surpasses that of the U.S.

There is a middle-class crisis, but it's happening south of the border, not in Canada, according to a New York Times report on incomes around the world.

The newspaper says an analysis it conducted with the LIS data centre shows that while Canadian median income per capita trailed the U.S. badly at the turn of the century, it had caught up by 2010 and is now likely ahead.

And, overall, the study shows Canada tied with the U.S. for the highest per capita median income of the countries compared, including Germany, France and Britain.

The median income numbers represent the mid-point of income distribution so that one half the population will be above and one half below. The levels are per person in a family, which includes non-earning children and in some cases spouses.

THE CANADIAN PRESS

State funeral?

PMO says it's aiding Gray family

The death of Herb Gray has some asking whether the former Liberal deputy prime minister deserves a state funeral.

The Prime Minister's Office will only say it has offered support to Gray's family in making plans for their last opportunity to say goodbye.

Gray, one of Canada's longest-serving parliamentarians, died Monday at the age of 82.

Former prime minister Paul Martin says Gray's contributions to the country were enormous and that he deserves the best possible send off — but that it's up to the government to decide whether a state funeral is appropriate.

One government official says state funerals are typically only offered to the families of sitting and former prime ministers and governors general, as well as sitting cabinet ministers. THE CANADIAN PRESS

Labour

Critics offer tips on temporary foreign workers program

How to solve a problem like the federal government's scandal-plagued temporary foreign workers program?

Economists and immigration experts say there are solutions at hand for the Conservative government as it grapples with yet another controversy. The latest scandal involves two long-serving Saskatchewan waitresses who say they were recently fired while their temporary foreign worker colleagues were spared.

Jeffrey Reitz, an immigration expert at the University of Toronto, says one option would be to allow more unskilled immigrants into Canada on the condition they settle in areas with labour shortages.

David Green, an economics professor at the University of British Columbia, says the free market must be allowed to do its work without any government interference.

THE CANADIAN PRESS

A third of adults were abused: Study

The data. It cannot prove cause and effect — it can only point to possible links

A new study says one in three adult Canadians suffered some form of child abuse in their past, adding this abuse is associated with a higher risk of mental-health disorders later in life.

The lead author of the study says it provides the first national look at the prevalence of child abuse experienced by Canadian adults.

Tracie Afifi of the University of Manitoba says previous estimates were based on a nearly 25-year-old study from Ontario and more recent data from Quebec.

The study is published today in the Canadian Medical Association Journal.

The authors studied data collected from more than 23,000 adults 18 and older who took part in Statistic Canada's 2012 Canadian Community Health Survey.

Respondents were asked questions about whether they were hit or subjected to other forms of physical or sexual abuse in childhood, or whether they were exposed to violence between the adults in their homes.

Afifi says the questions didn't ask "Were you abused?" because studies have shown that some people who have been abused don't characterize their experiences as abuse.

Instead, the questions asked whether respondents were slapped on the face or head, spanked with a hard object, pushed, grabbed, shoved or had something thrown at them to hurt them. For both those questions, respondents were asked to say yes only if the behaviour had happened a minimum of three times.

Another question asked if respondents were kicked, bit, punched, choked, burned or physically attacked at least once.

Sexual abuse questions were designed to determine whether respondents were forced into unwanted sexual activity. And the questions related to having witnessed intimate partner violence asked whether as children they had seen their parents, step-parents or guardians hit each other or other adults in the home three or more times.

One in three adults reported experiences that met the criteria for at least one of the types of abuse, with physical abuse the most common of the three; 26 per cent of respondents said they had experienced physical abuse.

Ten per cent of respondents said they had experienced sexual abuse and nearly eight per cent witnessed intimate partner violence. THE CANADIAN PRESS

Quoted

"We found strong associations between child abuse and mental conditions."

Researchers of the study

Record-breaking swimmer glides for Earth awareness

World-record breaking swimmer Ben Lecomte swims in the Strait of Georgia display at the Vancouver Aquarium on Tuesday. Lecomte visited the aquarium to raise awareness for Earth Day and the importance of protecting our waterways. JONATHAN HAYWARD/THE CANADIAN PRESS

Maple Leaf Gardens. Sex abuser pleads guilty to 100 charges

The man at the centre of the Maple Leaf Gardens sex abuse scandal pleaded guilty Tuesday to 100 charges involving 18 underage victims.

Gordon Stuckless, 65, entered the plea in a Toronto courtroom in relation to offences that took place decades ago.

The charges include indecent assault, sexual assault and gross indecency and span from 1965 to 1985.

Stuckless pleaded not guilty to several charges, including sexual assault with a weapon and buggery, and his lawyer Ari Goldkind said a trial on those charges is expected to get underway in the next couple of weeks.

Crown attorney Kelly Beale is expected to request a dangerous offender assessment for Stuckless, but Goldkind said his client, who's on a sex offender registry, continues his chemical castration therapy and has been living "a very law-abiding life."

"Since 2001, he is not a danger to society," Goldkind said. THE CANADIAN PRESS

Heartbleed SIN thief. 'Curiosity got the better of him,' asserts hacker

A 19-year-old man accused of siphoning some 900 social insurance numbers from the Canada Revenue Agency was likely motivated by curiosity, not malice, says one of the country's most notorious hackers.

"We love to throw around the term 'hacker,' but I don't think he's a hacker," said Michael Calce. "I think he's a computer science geek who heard about a critical bug and wanted to poke around. His curiosity got the better of him."

Last week, the RCMP charged Stephen Arthuro Solis-Reyes of London, Ont., with one count of unauthorized use of a computer and one count of mischief. The Western University student is believed to have used the Heartbleed bug — a vulnerability in the OpenSSL software used to secure countless websites — to extract personal information from CRA servers.

The media has already dubbed Solis-Reyes "the Heartbleed hacker."

LUKE SIMCOE/METRO IN TORONTO

De Grood set to undergo psychiatric evaluation

A courtroom sketch of Matthew de Grood, the accused in the recent Calgary stabbing. JANICE FLETCHER/THE CANADIAN PRESS

'Bizarre' case. Calgary man accused of stabbing five victims at a party faces charges of first-degree murder

The father of a young man stabbed to death at a house party says his boy was the poster child for the kind of son every parent wants.

Bruce Rathwell told mourners at his son Zackariah's funeral Tuesday that the young man was athletic, artistic, loved music and spent years as a Boy Scout.

A display at the front of the Calgary chapel was a testament to the 21-year-old's interests and accomplishments. It included three guitars, a Boy Scouts uniform, rugby jersey, hockey equipment and skates.

Rathwell, a promising musician with the band Zackariah and the Prophets, was stabbed to death along with four others last week at a get-together to celebrate the end of classes.

Another party-goer, 22-year-old Matthew de Grood, is charged with five counts of first-degree murder. He appeared in court Tuesday and was ordered to undergo a 30-day assessment to determine whether he is mentally fit to stand trial.

De Grood, the son of a senior Calgary police officer, was wearing blue coveralls when he appeared in court earlier in the day via closed-circuit television.

He could be seen leaning against a wall and touching his face, with cuts and scrapes from when the canine unit took him down during his arrest.

The accused will return to court May 22. He will continue to be held at the Southern Alberta Forensic Psychiatry Centre, where he's been since his arrest. The Crown requested the assessment on the recommendation of a doctor who has been dealing with de Grood.

"The case has been adjourned for a period of 30 days to allow a psychiatrist to assess whether or not the accused is fit to stand trial," Crown prosecutor Stephanie Brown told reporters.

De Grood's lawyer, Allan Fay, said he's not ruling out a defence of not criminally responsible. "I'd be foolish to overlook any possibility, especially in a case that on its face is as bizarre as this," Fay said.

"We've never seen anything like it in Calgary, and one can't help but look at the case and consider what we know so far and how strange this whole thing is." THE CANADIAN PRESS

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Moscow

Putin's main critic could be jailed

A Moscow judge on Tuesday left open the possibility of jailing President Vladimir Putin's main critic for years, a sign of Putin's increasingly hardline rule against opponents.

Russian opposition leader Alexei Navalny was fined $8,400 on Tuesday for slandering a lawmaker. His second trial starts Thursday, and prosecutors who previously secured his house arrest are widely expected to ask for jail for him pending trial, with Tuesday's verdict making him a recidivist. If there's a guilty verdict at that trial, he could get a prison term.

Putin increasingly has portrayed his critics as "national traitors." Russians who oppose his aggressive actions in Ukraine have been compared to the Bolsheviks.

THE ASSOCIATED PRESS

Tit-for-tat

Russia expels Canadian diplomat

Russia has expelled a first secretary at the Canadian embassy in Moscow in retaliation for the earlier expulsion of a Russian military attache from Ottawa.

A Canadian government source, not authorized to speak on the record, says the first secretary of the immigration section of the Canadian embassy in Moscow has been ordered out of Russia.

The move comes after Canada quietly expelled an assistant Russian defence attaché earlier this month.

The Harper government also called in the Russian ambassador to Canada for a diplomatic dressing down last week.

Prime Minister Stephen Harper has called Russia's actions in Ukraine a threat to world peace.

THE CANADIAN PRESS

Bolivian soldiers march in a

Army soldiers shout slogans as they protest in La Paz, Bolivia on Tuesday. against the military high command's dismissal of four of its leaders who three years to be sergeants and then warrant officers want to be given the National Association of Warrant Officers and Sergeants.

Apparent city's new

Eastern Ukraine. After apparent kidnapping by pro-Russian forces, mayor now claims she supports insurgents

When armed men seized the police station in the eastern Ukrainian city of Slovyansk, mayor Nelya Shtepa declared she was on their side. She changed her story a few days later. Then she disappeared — the victim of an apparent abduction by the man who now lays claim to her job.

On Tuesday, she resurfaced, expressing support once again for the pro-Russia insurgents — but possibly no longer as mayor.

The mayoral mess reflects the anger, confusion and lawlessness that have gripped eastern Ukraine as armed groups opposed to the country's interim government seize police stations and government buildings. In town after town in the beleaguered east, it's hard to tell who's in control.

Since the unrest began, pro-Russia insurgents have adopted a strategy of electing so-called people's leaders: mayors and regional governors who claim to represent the people's will, despite their questionable back-

Back and forth

Shtepa championed the insurgents' cause when they seized the police station on April 13.

- But as central authorities dispatched troops to retake buildings in the east, Shtepa quickly changed course. She called the men insurgents and their presence an "occupation." She said that she had pretended to be on the gunmen's side to free dozens of hostages from the buildings that the insurgents stormed.

strike over leaders' dismissal

Hundreds of low ranking soldiers from Bolivia's Armed Forces marched defended their call for more career opportunities. Soldiers who study opportunity to rise in rank, according to Felix Jhonny Gil, president of the

JUAN KARITA/THE ASSOCIATED PRESS

captor is mayor

Mayor Nelya Shtepa walks outside a police station in the town of Slovyansk, Ukraine, in this April 12 photo. EFREM LUKATSKY/THE ASSOCIATED PRESS

ground and skills for the job.

The man who now claims to be mayor says Shtepa was under the care of his comrades in the pro-Russia forces.

But Vyacheslav Ponomarev is himself a dubious figure: No one seems to know his past and Ponomarev refuses to give any clarification.

On Tuesday, a Russian news site ran a video interview with Shtepa — in what the site said was her former office — in which she praises the insurgents as men with "strong souls" and thanks Russian President Vladimir Putin for annexing Crimea. The report also showed what it said was a resignation letter that Shtepa willingly signed.

"Under Shtepa, things were quiet and the streets were clean," said teacher Andriy Khoronenko. "Now we've got barricades and drunken activists with automatic rifles and Russian flags."

THE ASSOCIATED PRESS

India

2 Chinese sailors found dead

An Indian port official says two Chinese sailors were found dead from inhaling coal fumes in the cargo hold of their Chinese bulk carrier.

A senior official at the Kolkata Port Trust in the eastern state of West Bengal says another two crew members were being treated Tuesday at a Kolkata hospital. The official spoke on condition of anonymity because he was not authorized to speak with media.

The victims were found Sunday aboard the Chinese-built carrier Tuo Fu 3 anchored near Haldia city in the Bay of Bengal.

The Indian official said the victims had reportedly collapsed immediately after entering the cargo hold filled with coal and accumulated methane gas.

THE ASSOCIATED PRESS

LGBT rights

Georgia's ban on same-sex marriage challenged

A gay rights group Tuesday filed a federal lawsuit in Atlanta challenging the state of Georgia's constitutional ban on same-sex marriages.

Lambda Legal filed the lawsuit on behalf of seven people.

"The history of the United States has been defined by the ability of each succeeding generation to recognize that social, economic, political, religious, and historical norms do not define our unalienable rights," the lawsuit says. "(I)n time, the American ideal of equality and liberty demanded that our government move past cultural and majority oppressions, however long-standing, in order to secure and fulfil the individual rights of all citizens."

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UKIP gears up for May elections

Euroskepticism. The U.K. Independence Party has launched its election campaign

Britain's U.K. Independence Party launched its European Parliament election campaign Tuesday with a series of billboards carrying a stark message: They are coming to take your job.

"They" are workers from other European Union countries, who have the right to live in Britain. One billboard says 26 million people in Europe are looking for work, adding: "And whose jobs are they after?"

Party leader Nigel Farage said the posters were "a hard-hitting reflection of reality," while others called them alarmist and xenophobic.

Labour Party lawmaker Mike Gapes accused UKIP of running "a campaign designed to sow fear and animosity and hatred towards immigrants."

Free movement of labour is a central principle of the 28-nation EU bloc. Census data shows that about 2 million people from other EU countries live in Britain, only slightly more than the number of Britons living elsewhere in Europe.

"We're not anti-European," Farage said Tuesday. "We want a Europe of nation states that live together and trade together."

UKIP's aim is to pull Britain out of the EU. Its message is resonating with Britons disillusioned with mainstream parties. The party has no seats in Britain's House of Commons, and hopes to make a breakthrough in the May 22 European elections, where it holds 9 of Britain's 73 seats. Some polls suggest it could receive more votes than any other British party.

The billboard campaign is funded by a donation from businessman Paul Sykes. THE ASSOCIATED PRESS

A U.K. Independence Party European election billboard is displayed in the Vauxhall area of London on Tuesday. MATT DUNHAM/THE ASSOCIATED PRESS

Alberta bighorn's big horns could set a new world record

Fish and Wildlife officer Dennis Prodan speaks about the skull of a bighorn sheep found near Hinton, Alta., in Edmonton on Tuesday. Wildlife officials in Alberta believe the bighorn sheep's set of spiral horns on its skull will set a new world record. JASON FRANSON/THE CANADIAN PRESS

Michigan. Colleges free to outlaw affirmative action

A state's voters are free to outlaw the use of race as a factor in college admissions, the Supreme Court ruled Tuesday in a blow to affirmative action that also laid bare tensions among the justices about a continuing need for programs that address racial inequality in America.

The 6-2 decision upheld a voter-approved change to the Michigan Constitution that forbids the state's public colleges to take race into account. That change was indeed up to the voters, the ruling said.

The ruling bolsters similar voter-approved initiatives banning affirmative action in education in California and Washington state. A few other states have adopted laws or issued executive orders to bar race-conscious admissions policies.

Justice Anthony Kennedy said voters in Michigan chose to eliminate racial preferences, presumably because such a system could give rise to race-based resentment.

"This case is not about how the debate about racial preferences should be resolved. It is about who may resolve it," Kennedy said.

Dissenting from the majority, Justice Sonia Sotomayor said the decision trampled on the rights of minorities, even though the Michigan amendment was adopted democratically. Justice Ruth Bader Ginsburg sided with Sotomayor. THE ASSOCIATED PRESS

Science. Drones used to unearth ancient sites

Recently published research describes how archaeologists outfitted a customized drone with a heat-sensing camera to unearth what they believe are ceremonial pits and other features at the site of an ancient village in New Mexico.

The discovery of the structures hidden beneath layers of sediment and sagebrush is being hailed as an important step that could help archaeologists shed light on mysteries long buried by eroding desert landscapes from the American Southwest to the Middle East.

Since the 1970s, archaeologists have known that aerial images of thermal infrared wavelengths of light could be a tool for spotting remains on the ground. But few have had access to million-dollar equipment. Now, technology is catching up with demand.

Archaeologists can get quality images from very specific altitudes and angles at any time of day and in a range of weather using inexpensive drones and commercially available cameras that have as much as five times the resolution of those available just a few years ago.

The drones have their limits. For example, flights usually are less than 15 minutes depending on battery power and camera weight, and the eight-rotor mini copters have been known to stop and come crashing to the ground. THE ASSOCIATED PRESS

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Mali. Another French hostage reportedly dead

One of two remaining French hostages in the west African nation of Mali probably died several weeks ago because of abuse from his Islamic militant captors, President Francois Hollande's office said Tuesday.

Neither the president nor the Foreign Ministry could confirm with certainty the death of Gilberto Rodriguez-Leal, 62, who was captured in November 2012.

The announcement followed a report by the Agence France-Presse news agency. AFP said an official from the MUJAO terrorist group, whose full name is Movement for Oneness and Jihad in West Africa, telephoned its office to say that Rodriguez-Leal "is dead because France is our enemy."

France intervened in Mali in January 2013 to rout Muslim extremists who had seized control of the north of the country. The extremists captured Westerners, particularly French citizens, and turned hostage-taking into a lucrative business producing handsome ransoms.

At one point last year, seven French citizens were held hostage in Mali. One man, Philippe Verdon, was reportedly executed in March 2013. Others were freed. The hostages were mainly held by a group called al-Qaida in the Islamic Maghreb, an affiliate of the global terror network. However, Rodriguez-Leal was reportedly captured in western Mali by MUJAO, another al-Qaida-affiliated group.

While Hollande says France does not pay ransoms, it is believed that funds may end up in terror coffers through middlemen. THE ASSOCIATED PRESS

Crime

Cop-killer allowed to visit community

A man who killed a Toronto police officer with a snowplow was allowed into the community three times in the past month. Richard Kachkar has been detained in a mental-health hospital for a year, since he was found not criminally responsible for killing Sgt. Ryan Russell.

Last year the Crown appealed, and lost, a ruling by the Ontario Review Board saying Kachkar should be allowed escorted trips into the community.

THE CANADIAN PRESS

Missing Flight 370

Weather halts search for plane

An air search for the missing Malaysia Airlines jet was suspended for a day due to stormy weather on Tuesday as the painstakingly slow sonar scanning of a targeted patch of seabed continued.

Malaysian Defence Minister Hishammuddin Hussein has said that even if no debris was recovered, the scope of the search may be broadened or other assets may be used. THE ASSOCIATED PRESS

S. Korea ferry disaster faces rising death toll

Families in agony. The number of ferry Sewol victims rose sharply after divers gained access to the submerged vessel

A visitor takes a picture of a board with messages on Tuesday. The messages wish the safe return of missing passengers aboard the sunken ferry Sewol at a port in Jindo, south of Seoul, South Korea. LEE JIN-MAN/THE ASSOCIATED PRESS

For a moment there is silence in the tent where bodies from the ferry disaster are brought for identification. Then the anguished cries begin.

The families who line up here to view the decomposing bodies have not known for nearly a week whether they should grieve or not. Now that they know, they sound like they're being torn apart.

"How do I live without you? How will your mother live without you?" a woman cried out.

She was with a woman who emerged from the tent crying and fell into a chair where relatives tried to comfort her. One stood above her and cradled her head in her hands, stroking her face.

"Bring back my daughter!" the woman cried, calling out her child's name in agony. A man rushed over, lifted her on his back and carried her away.

The confirmed death toll from the April 16 disaster off South Korea's southern coast reached 130 Wednesday, officials said, and more than 170 people were still missing. Four crew members accused of abandoning the ship and failing to protect the passengers were arrested three days after warrants were issued for the captain and two other crew.

The number of corpses recovered has risen sharply since the weekend, when divers battling strong currents and low visibility were finally able to enter the submerged vessel.

Bodies are being identified visually, but family members have also provided DNA samples.

Twenty-two of the 29 members of the ferry's crew survived, and nine of them have been arrested or detained in connection with the investigation. The captain, Lee Joon-seok, and two crew members were arrested Saturday on suspicion of negligence and abandoning people in need.

The captain has said he waited to issue an evacuation order because the current was strong, the water was cold and passengers could have drifted away before help arrived.

But maritime experts said he could have ordered passengers to the deck — where they would have had a greater chance of survival — without telling them to abandon ship.

The cause of the disaster is not yet known. Senior prosecutor Ahn Sang-don said investigators are considering factors including wind, ocean currents, freight and the fact that the ferry turned just before it began listing. He said authorities will conduct a simulation and get experts' opinions.

In Ansan, South Korea, funerals were held for more than 10 of the dead Tuesday.

THE ASSOCIATED PRESS

Sherpa climbers plan to leave Mount Everest

Most Sherpa mountain climbers have decided to leave Mount Everest, a guide said Tuesday, confirming a walkout certain to disrupt a climbing season that was already marked by grief over the 16 lives lost in Everest's deadliest disaster.

"It is just impossible for many of us to continue climbing while there are three of our friends buried in the snow," said Dorje Sherpa, an experienced Everest guide from the tiny Himalayan community.

"I can't imagine stepping over them," he said of the three Sherpa guides who remain buried in ice and snow. Thirteen bodies have been recovered.

The avalanche was triggered when a massive piece of glacier sheared away from the mountain along a section of constantly shifting ice and crevasses known as the Khumbu Icefall.

Special teams of Sherpas, known as Icefall Doctors, fix ropes through what they hope to be the safest paths, and use aluminum ladders to bridge crevasses. But the Khumbu shifts so much that they need to go out every morning — as they were doing when disaster struck Friday — to repair sections that have broken overnight and move the climbing route if needed.

After the avalanche, the government quickly said it would pay the families of each Sherpa who died 40,000 rupees, about $415. The Sherpas said they deserved far more, including new regulations that would ensure climbers' rights.

On Tuesday, the government's offer was modified to include a relief fund to help Sherpas injured in mountaineering accidents and the victims' families, and to pay for rescue during accidents on the mountain.

The walkout decision was made after a memorial service at base camp for the victims, Dorje Sherpa said, adding that most guides were planning to pack up and leave as early as Wednesday

"We want to honour the members we lost and out of respect for them we just can't continue," he said.

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Taxes payable on full amount of purchase price after total Manufacturer Rebate has been deducted. Offers include freight and air tax of $1,565/$1,665/$1,700/$1,750 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Manufacturer Rebates are not combinable with any fleet consumer incentives. **Until April 30, 2014, receive 0.99%/0.99%/2.99%/2.49% annual percentage rate (APR) purchase financing on a 2014 Fiesta S Sedan/2014 Focus S Sedan/2014 Fusion S/2014 Escape S FWD 2.5L for a maximum of 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. 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All prices are based on Manufacturer's Suggested Retail Price. ***Estimated fuel consumption ratings for 2014 Fiesta 1.6L I4 5-speed manual transmission: [7.4L/100km (38MPG) City, 5.2L/100km (54MPG) Hwy]/2014 Focus 2.0L I4 5-speed manual transmission: [7.8L/100km (36MPG) City, 5.5L/100km (51MPG) Hwy] / 2014 Fusion FWD 2.5L I4 6-speed SST transmission: [9.2L/100km (31MPG) City, 5.8L/100km (49MPG) Hwy] / 2014 Escape FWD 2.5L I4 6-speed automatic transmission: [9.5L/100km (30MPG) City, 6.3L/100km (45MPG) Hwy]. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading, vehicle equipment, vehicle condition, and driving habits. ‡‡Claim: The 2014 Ford Fiesta, the 1.0L EcoBoost engine, has best-in-class highway fuel consumption. Estimated fuel consumption using Environment Canada approved test methods, 2014 Ford Fiesta with 1.0L EcoBoost engine. Class is Subcompact Car versus 2013 competitors. Subcompact Car class and competitor data based on 2013 NRCan Vehicle Class ratings and classifications for subcompact cars with regular gasoline. †††Claim based on analysis by Ford of Polk global new registration for CY2012 for a single nameplate which excludes rebadged vehicles, platform derivatives or other vehicle nameplate versions. ††Based on 2007 - 2013 R. L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ^Some mobile phones and some digital media players may not be fully compatible with SYNC® – check www.syncmyride.com for a listing of mobile phones, media players, and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Certain MyFord Touch™ functions require compatible mobile devices. Some functions are not available while driving. 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Stolen horn haul may be worth millions

South Africa. Theft could be an inside job, police say

In a nighttime theft, robbers broke into a South African provincial parks office with a 24-hour security service and used a machine tool called a grinder to break into a safe holding a stockpile of rhino horn worth a fortune on the illegal market in parts of Asia.

The weekend heist in the northeastern city of Nelspruit was a blow to efforts to curb the clandestine trade in rhino horn, which has surged in recent years despite an increase in funding for anti-poaching efforts in South Africa, home to the majority of the world's rhinos.

On Tuesday, forensic investigators analyzed the crime scene at the Mpumalanga Tourism and Parks Agency, and officials were exploring the theory that it was an inside job.

"It's too early to be ruling out that possibility," said Capt. Paul Ramaloko of a South African investigative police unit called the Hawks.

The robbery occurred Saturday night, Ramaloko said. The parks agency later said in a statement that 112 "pieces of rhino horns" weighing a total of about 80 kilograms were taken.

The thieves targeted a safe where the parks office keeps some rhino horn stock temporarily for registration before transporting it to "another undisclosed location" for longer-term storage, said Kholofelo Nkambule, an agency spokeswoman.

THE ASSOCIATED PRESS

Street value

According to some estimates, a kilogram of rhino horn has a street value in a consumer country of tens of thousands of dollars.

- This means the haul in Mpumalanga could be worth several million dollars to illicit traders.

New airport lounge reserved only for very important ... paws

Service dogs Jello, right, and Cricket sniff around the new Service Animal Relief Area that Delta Air Lines, working in co-operation with Detroit Metropolitan Airport, unveiled at the McNamara Terminal on Tuesday in Romulus, Mich. MANDI WRIGHT/DETROIT FREE PRESS/THE ASSOCIATED PRESS

Hawaii

Teen stowaway resting in hospital

A teenager who stowed away in the wheel well of an airplane for a five-hour flight from California to Hawaii is resting at a Honolulu hospital.

Hawaii's Department of Human Services said in a statement Tuesday that child welfare services officials are continuing to work to ensure his safe return home, but didn't indicate when the he would be doing so.

American Medical Response Maui operations manager Curt Morimoto says the child was in very stable condition. THE ASSOCIATED PRESS

Slither and john

Snake in a drain?

A woman in Toronto's east end had quite a scare early Tuesday when she discovered a snake wriggling around her bathroom.

The woman doesn't own any snakes and police believe it may have been in the apartment building's drainage system and came up in her bathroom.

The woman found the reptile in her apartment at about 3 a.m. and quickly called 911.

Police retrieved the snake and it is now in the care of Toronto Animal Services. It's not yet known what type of snake it is. THE CANADIAN PRESS

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A humpback whale outside of Hartley Bay along the Great Bear Rainforest, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

Feds eye upgrading humpbacks' status

Species At Risk Act. Reclassification would remove Ottawa's legal obligation to protect the animal's habitat

In the midst of the heated debate over oil tankers off the coast of British Columbia, the federal environment minister has proposed changing the status of North Pacific humpback whales from threatened to "special concern."

The whales have played a starring role in the campaign against oil pipelines and opponents accused the federal government Tuesday of removing a hurdle to the proposed multibillion-dollar Northern Gateway pipeline.

"What we're seeing is that the government is stripping the humpbacks of legal protection at the very time that the Enbridge pipeline and tankers project is posing a serious threat to their recovery and survival," said Caitlyn Vernon, of Sierra Club BC.

But the Committee on the Status of Endangered Wildlife in Canada, or COSEWIC, an independent group of scientists responsible for assessments, first recommended the improvement in status three years ago.

A federal official said the group was even asked to reconsider, to ensure the science was sound. Last fall, the recommendation again was to make the change.

THE CANADIAN PRESS

Numbers up

18,000

After being hunted to near extinction in the early 20th century, biologists estimate the North Pacific population now consists of more than 18,000 humpback whales.

Miami

Prof beaten up over bad grade?

Police are investigating the beating of a Miami Dade College music professor to see whether it was ordered by a student angry over a bad grade. Marc Magellan, 31, was attacked last week inside a parking garage.

The assailant called out "Professor Marc" and when Magellan turned around, the assailant began punching him and smashing his head on the concrete floor, leaving him with a broken nose and hand and other injuries.

THE ASSOCIATED PRESS

Spain. Village with 'Kill Jews' as part of its name to vote on change

The tiny Spanish village of Castrillo Matajudios, whose second name means "Kill Jews," will hold a referendum next month to decide if it should change the name that offends outsiders and embarrasses some residents, its mayor said Tuesday.

The village's 56 registered voters will be asked on May 25 whether they want to keep the name or change it to the similar, but non-offensive name the town once had, Mayor Lorenzo Rodriguez Perez said.

Historical studies show the town's original name was Castrillo Motajudios. The second name of that translates to "Jews Hill" and dates back to 1035 when 66 Jews were killed in a nearby town and those expelled settled on the hill.

Although Jews were killed in the area, researchers believe the town got its current name from Jewish residents who converted to Catholicism and wanted to convince Spaniards they opposed Jews, Rodriguez said. Others think it might have simply come from a slip of the pen.

THE ASSOCIATED PRESS

McDonald's said sales at established U.S. locations fell 1.7 per cent in the first three months of 2014. GETTY IMAGES

Mickey D's feels the squeeze

Unhappy meal. Iconic burger chain shows a decline in sales after a decade of growth

McDonald's is fighting to hold on to customers in the U.S.

The world's biggest hamburger chain said sales at established U.S. locations fell 1.7 per cent in the first three months of the year as guest counts declined. After a decade of consistent growth, sales also declined last year as McDonald's struggled to roll out an array of new menu items and fend off competitors.

CEO Don Thompson said in a call with analysts and investors Tuesday that the company is working to improve its operations and marketing in key regions, including the U.S.

"It's important to underscore it will take time for consumers to notice the changes and reward us with increased visits," he said.

The disappointing performance in the U.S. reflects the struggles McDonald's is facing as people flock to chains that position themselves as higher-quality alternatives.

THE ASSOCIATED PRESS

NADbank. Study shows Metro rising fastest in Canada's largest cities

More Canadians than ever are making Metro part of their daily lives — millions of you, actually.

In all, 4.2 million people read Metro each day as a way to stay connected and informed about their city and the world.

The 2013 NADbank readership study also showed Metro is the fastest-growing newspaper in Canada's largest cities across various platforms, including print, digital paper, website and news app.

"Metro Canada increased readership on a weekly basis by three per cent to more than 4 million readers — a first for us — which demonstrates how our unique content packages resonate against Metropolitans, our target market," said Bill McDonald, President of Metro English Canada. METRO

Market Minute

DOLLAR 90.68¢ (-0.11¢)

Natural gas: $4.75 US (+$0.05)
Dow Jones: 16,514.37 (+65.12)

TSX 14,555.97 (+62.29)

OIL $101.75 US (-$1.90)

GOLD $1,281.10 US (-$7.40)

Streaming contest

AT&T eyeing YouTube, Netflix, Hulu's eyes

AT&T and an investment firm run by former News Corp. executive Peter Chernin have formed an online video venture that could rival Netflix and Hulu.

THE ASSOCIATED PRESS

New technique

Unilever taking plastic measures

Unilever PLC, producer of disposable containers that clutter the landfills of the world, says it is adopting technology that will cut the amount of plastic it needs to use in each bottle by 15 per cent.

THE ASSOCIATED PRESS

$25,000 available

Google challenges non-profits to kick a little Glass

Google has a challenge for U.S. non-profits: On Tuesday, the tech giant asked non-profit groups to propose ideas for how to use the Web-connected eyewear Google Glass in their work. Five charities that propose the best ideas by May 20 will get a free pair of the glasses, a trip to Google for training and a $25,000 grant to help make their project a reality.

Conservationists at the Washington-based World Wildlife Fund have been using Google Glass for hands-free field research. In Nepal, a research officer has been using Glass to monitor rhinos to help protect them from poaching. THE ASSOCIATED PRESS

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ANOTHER TYPE OF FOODIE WEIGHS IN

JUST SAYIN'

Paul Sullivan
metronews.ca

There are foodies, those uncompromising gourmets who have "an ardent or refined interest in food and alcoholic beverages," according to the dictionary.

Then there are the rest of us, who also have an ardent interest in food and alcoholic beverages, but there's nothing refined about it.

This column is for you. Business Insider has done one of those unscientific readers' choice surveys and on the strength of 2,200 responses, has determined the Best Fast Food in America. We can take that to include the rest of North America, because most of these epicurean delights do not require a run to the border.

They may require a run to the bathroom, if you insist on testing the winners, but that's another story.

So, apart from the fact that Tim Hortons barely makes the list, the rest of it is as commonplace in Canada as potholes in springtime.

What's really great about this is that everyone can play. In fact, participating is probably as impossible to resist as McDonald's fries.

The No. 1 burger is Wendy's with its characteristic square, never frozen, burger patty. I don't know about you, but a square burger patty ain't natural. Nonetheless, Dave's Hot 'N' Juicy outdistanced the Burger King Whopper and McDonald's Big Mac by a healthy margin (34 per cent to 26 per cent and 24 per cent respectively). Or should I say unhealthy?

Best pizza honours go to Papa John's, who squeaked by Pizza Hut and Domino's (34 per cent to 31 per cent and 29 per cent). Little Caesars was a distant fourth. Whatever. Does it get there in under half an hour?

No surprise here: McDonald's had the best fries by a wide margin (57 per cent), which roughly equals the percentage of North Americans raised on them from infancy.

Best fried chicken is KFC at 36 per cent. I haven't ordered a bucket for 20 years, but that doesn't stop me from going: "Maybe I should just stop and get a bucket" every time I go past the local Colonel's dispensary, which is just about every day. This stuff gets into your blood ... in more ways than one.

Subway is a double winner, with best sub (37 per cent) and healthiest choice (also 37 per cent), which is hardly a distinction considering the competition. About the only thing you can order at a fast food joint that's actually good for you is a glass of water.

Finally, there's coffee, the universal solvent. At 49 per cent, Starbucks wins hands down. The next closest was Dunkin' Donuts at 27 per cent. This is the only place on the poll where Tim Hortons appeared, with eight per cent, just behind McDonald's. Coffee seems like the last thing you'd order at McDonald's, but despite (or perhaps because of) those expectations, it's never as bad as you think.

And that's pretty much the last word. Or maybe five little last words: "You want fries with that?"

ZOOM

Bee my pollinator

Bamboo bundles are used here to create bee tunnels for nesting that hang in a magnolia tree near Langley, Wash. DEAN FOSDICK/THE ASSOCIATED PRESS

Depleting numbers threaten food supply

Bees are pulling a disappearing act. Honeybees are vanishing from their hives. Bumblebee numbers have crashed so radically that some species are believed extinct. Even native solitary bees are in decline. Food supplies dependent upon pollinators are threatened.

There is no single explanation for what is causing the pollinator losses, said Matt O'Neal, an associate professor of entomology at Iowa State University. THE ASSOCIATED PRESS

Quoted

"Common species are disappearing at a dramatic rate ... I worry in particular about pollinator species with limited ranges and that have unique habitat requirements that are being threatened. A lot of species are dropping out of the landscape."

Mace Vaughan, pollinator program director with The Xerces Society for Invertebrate Conservation in Portland, Ore.

How gardeners can help

- Plant flowers and create green spaces, especially in urban areas. Leave patches of bare soil, rocks and brush piles for use by ground-dwelling native bees.
- Install bee hotels around the yard by drilling holes in wood blocks and creating bamboo bundles.
- Eliminate or change pesticide usage.

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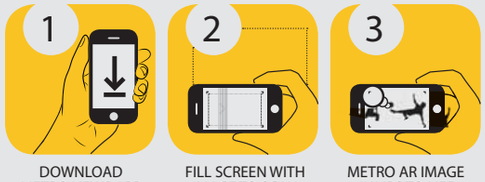

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When parachuting on skis gets tiring

ANDREW FIFIELD
metronews.ca

On the same day I learned about the existence of an adrenaline-junkie hobby called speed riding — which is pretty much hurtling through the air while attached to a small parachute and a pair of skis — I also learned that it's not nearly adrenalized enough for one rider.

So what does your average daredevil do when the passion for boring, bland and familiar speed riding is extinguished. Why, you speed ride/grind your way down a chairlift cable. Naturally.
(Via Valentin Delluc on Vimeo)

VIMEO SCREENGRAB

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See that symbol? It means you can scan the photo below with your Metro News app to see a clip from The Other Woman

Turning up the cheat on trysts

Cautionary tales. From 1960's 'dirty' rendezvous at The Apartment to a Fatal Attraction cooking your rabbit, infidelity boils over on film

IN FOCUS
Richard Crouse
scene@metronews.ca

Nikolaj Coster-Waldau and Cameron Diaz star in The Other Woman. CONTRIBUTED

In the new movie The Other Woman, Mark King (Game of Thrones's Nikolaj Coster-Waldau) tries to push infidelity to Tiger Woodsian heights by cheating on his wife (Leslie Mann) with multiple mistresses, including Carly and Amber (Cameron Diaz and Kate Upton). "We got played by the same guy," says Carly.

"Getting played" in Hollywood movies dates back further than the invention of the Ashley Madison website.

In 1960, the Jack Lemmon movie The Apartment tackled the subject of adultery. The film, about a lonely insurance company lackey who allows his bosses to use his apartment as a trysting spot in hopes that they will promote him, was a big hit, but also a controversial one. The Saturday Review called it "a dirty fairy tale" and co-star Fred McMurray says a woman on the street hit him with her purse, taking him to task for making "a dirty, filthy movie."

In 2005's Derailed, Clive Owen stars as a married man who hooks up with Lucinda (Jennifer Aniston) after meeting her on a commuter train. In a hormone-induced rush, they decide to consummate their illicit affair at a seedy hotel, only to be interrupted by a burglar who robs them and sexually assaults Lucinda. Things spiral out of control as the robber blackmails the couple and seems to have an unquenchable thirst for Owen's money.

The most famous infidelity movie has to be 1987's Fatal Attraction. It begins with Michael "I'm a married man!" Douglas having a fling with Glenn "I'm not gonna be ignored!" Close. When he tries to break off their affair, she becomes a lesson in why not to cheat on your wife.

The film's most famous clip, the rabbit boiling on the stove, even inspired a phrase in the Urban Dictionary. According to the website, cook your rabbit "refers to the moment when someone goes over the edge in their obsession with another person."

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New show's doc has her own medical drama

Physician heal thyself. Brilliant bipolar brain doctor battles effects of skipping her meds in new Black Box series

Kelly Reilly in a scene from the medical drama Black Box, premiering Thursday at 10 p.m. EDT on ABC. PATRICK HARBRON/ABC

ABC's brainy new medical drama Black Box does a neat trick: It dares viewers to imagine for themselves the cost-benefit ratio of addiction, and does it without taking a firm stand.

It does it in the person of lovely, top-of-her-field Dr. Catherine Black, known as "the Marco Polo of the brain," who helps patients navigate a range of neurological disorders.

She also secretly wrestles with one of her own: She's bipolar.

Meanwhile, she's addicted to the mind-expanding, sometimes rapturous, but ultimately dangerous effects of skipping the meds that keep her "normalized," and letting her condition run full tilt.

"This show is not a generic examination of bipolarity — not at all," says series star Kelly Reilly. "This is about one woman who is an addict to her disease. The disease is treatable. But it calls for a lifetime of commitment and rearranging medications to see what works and what doesn't work, and fighting the battle of deciding whether or not you want to take them."

Premiering Thursday at 10 p.m. EDT on ABC, Black Box pulls a 180 on the plague of addiction: Catherine Black must Just Say Yes to the drugs that will keep this wild child tamed. Yet sometimes she just can't. Or won't.

She is played by the English-born Reilly, who co-starred with Denzel Washington in the film Flight, appeared in the two Sherlock Holmes films headlined by Robert Downey Jr., and starred in Above Suspicion, a British TV crime drama.

One recent day on Stage B at New York's Silvercup Studios, Reilly met with a reporter in her character's office in the tony Neuroscience Research and Treatment Center, a.k.a. The Cube, where Black and her colleagues probe the brain's mysteries.

The show also stars Terry Kinney as the NRTC chief of staff, Ditch Davey as a womanizing neurosurgeon on the team, David Ajala as Catherine's restaurateur boyfriend and Vanessa Redgrave as Catherine's shrink.

"This is not a life that's ever going to be straight and narrow for Catherine," says Reilly. "It's always going to be a bit wobbly: Is she gonna go off crazy again, or is she going to try to toe the line? She's a rule-breaker by nature who takes risks. But I think she longs for what normal might feel like."

The series was created by Amy Holden Jones, whose credits include the films Mystic Pizza and Indecent Proposal.

And she comes to Black Box well prepared, having as a girl been "home-schooled in bipolar," as she puts it: Her father was a practising physician until he was 70 despite being manic-depressive and suffering periodic breakdowns.

"There are highly functional bipolar people," Jones says, and the condition is more common than is generally suspected.

"You may think your only experience of it is on Homeland," she says, referring to the Showtime thriller whose CIA heroine suffers notably from bipolar disorder. "But that's probably not the case." You may know someone who's bipolar and keeping it private, she says. THE ASSOCIATED PRESS

Not just a show about illness

"The series has an addiction metaphor and the high does provide a gift."

Amy Holden Jones, creator of the new series, Black Box, whose lead character is a bipolar doctor struggling with managing her illness.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jay-Z holds Kim and Kanye's wedding at Bey

MELINDA TAUB
Metro World News

What could go wrong with Kim and Kanye's wedding? They both adore big splashy events, they seem really in love, and they have enough money that no one ever needs to end up sobbing in a strip mall parking lot because they can only afford pink hydrangeas, not fuchsia ones. (I was a bridesmaid a bunch of times.) However, there are some headaches of wedding planning that no amount of money can eliminate, such as guest list drama. Case in point: Will Beyoncé and Jay-Z show up for the ceremony?

Rumour has it that Jay and Bey are planning to skip the nuptials, which will take place in France. According to the Daily Mail, they don't intend it as a snub — they just have no interest in appearing on Keeping Up With the Kardashians, and cameras will be unavoidable (which, given that the show is Kim's whole raison d'etre, does sound a little like a snub).

Jay-Z reportedly plans to make it up to his old pal Kanye in a big way: Since he won't be at the ceremony, not only is he planning a bachelor party for the ages, but he also plans to spend more than $100,000 to rent a yacht for the couple's honeymoon.

Good plan, guys. I have experience with this sort of thing. When my great-aunt couldn't make it to my bat mitzvah she sent me a $20 savings bond, which is sort of the same.

Twitter

@Sethrogen
really only wanna sit around and hang out with my wife.

@pattonoswalt
"A shark can't sink a brick submarine." -- Things my daughter says that would make excellent post-punk lyrics

@SteveMartinToGo
I've had the same haircut (with the exception of 1968-69) for 52 years.

Tim Zickuhr FACEBOOK

Who's the unfairest of them all? Ice road trucker plunders Snow White

As reality star misbehaviour goes, the Duck Dynasty crew are starting to look pretty good about now. At least they leave prostitutes where they found them.

Ice Road Truckers star Tim Zickuhr has no such social graces. According to TMZ, Zickuhr has been charged with an array of crimes after allegedly kidnapping and imprisoning a Las Vegas prostitute named Snow White. Snow White told police that Zickuhr gave her his debit card and told her to withdraw her fee. He then claimed she'd taken out more than agreed. When they met to work out their financial dispute, Snow White says Zickuhr tied her up with backpack straps, locked her in a closet, and punched her and poured cold water on her. Zickuhr then told her to call someone who could bring him the money, but she instead called a police officer.

When the police officer arrived, Zickuhr apparently confessed the whole thing. As a final stroke of elegance, he forced Snow White to exit his apartment through a second story window. Zickuhr was arrested and charged with first-degree kidnapping, extortion, and coercion.

Friends no more... Cox can't even get cast together for dinner

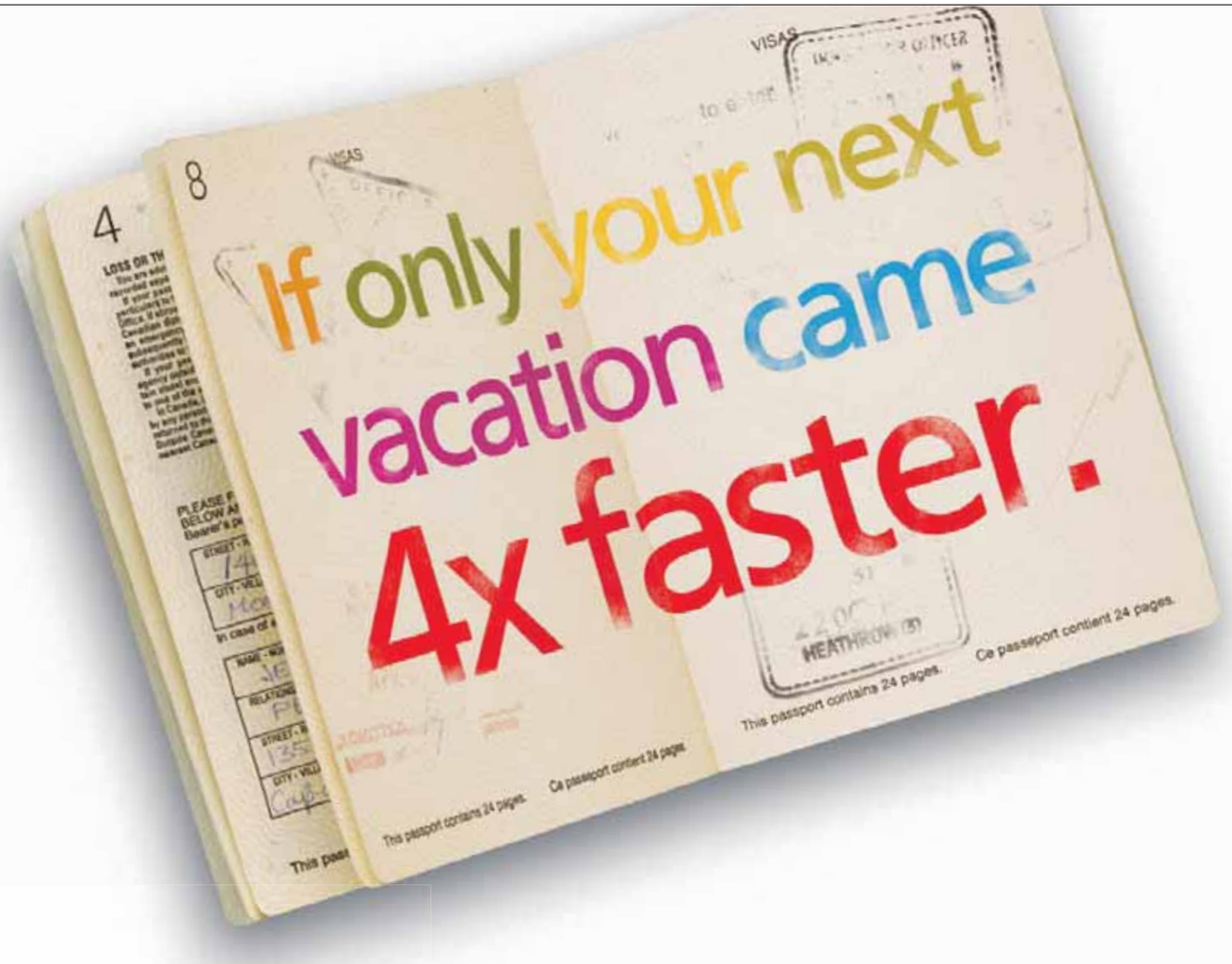
Courteney Cox GETTY IMAGES

Every time a member of the Friends cast steps out to promote a project, the question comes up: What about a reunion for the famous sitcom? Well, Courteney Cox wants to finally put all that to rest. "It's not going to happen," she tells David Letterman during an interview. "There's six Friends, and I've been trying to put a cast dinner together for 10 years. It doesn't happen."

Uma Thurman GETTY IMAGES

Uma ... Arki. Arki ... Uma. Have you kids met each other?

Uma Thurman has reportedly called off her engagement to multimillionaire hedge fund boss Arki Busson, the second time she has done so since the couple began dating in 2007, according to the Daily Mail. "Uma and Arki were due to attend a gala together on April 8, but Uma showed up without her engagement ring or her fiancé. Arki was scheduled to attend, and it seemed clear there was only one reason why he didn't show — because he and Uma are no longer an item," a source says, while another adds, "Uma lives in New York while Arki lives in London. He has been out and about without Uma since October when he went to a Halloween party alone. They have been at one or two events together, like Harvey Weinstein's pre-BAFTA party in February, but on that occasion they looked miserable."



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See that symbol? It means you can scan the photo below with your Metro News app to see a photo tour of Puerto Rico

Looking for sun and fun? Then head to San Juan

Puerto Rico. There's more than just beaches and poolside drinks to enjoy — try heading off the resort for an authentic experience

ANDREW JOHN VIRTUE DOBSON
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Guests to the Casa Bacardi are whisked around on limo golf carts. PHOTOS: ANDREW DOBSON

While standing on your balcony at the San Juan Marriott Resort staring out at the vast Atlantic, you'll find it hard not to be enchanted, romanced and lulled by the ocean's heartbeat.

The crash of surf on sand is hypnotizing.

The Marriott in San Juan offers guests a prestigious beachfront address in the bustling Condado neighbourhood where bronzed bombshells can be found sprawled across golden sand or lazing on lounge chairs by one of the hotel's two turquoise pools.

And while year-round sun and sandy beaches are understandably the biggest draw, you'll find plenty of opportunity for an authentic Puerto Rican adventure via a long list of excursions available at the hotel's always-bustling concierge desk.

In 2013, the hotel updated its 511 rooms and 14 suites, which now offer guests a refreshed Caribbean elegance that caters to the city's cosmopolitan dynamic.

Looking to treat yourself? Shopaholics are spoiled for choice as the hotel is located on tree-lined Avenida Ashford, a hip strip that Gucci, Louis Vuitton and Cartier all like to call home.

After pounding the pavement, relax at Ocean Club Spa where a selection of scrubs, wraps, facials and massage offer rejuvenation.

The hotel's two pools are the perfect spot to spend a lazy afternoon.

Feeling peckish in the afternoon but don't want to leave the pool?

Your best bet is a pina-colada-sloshed lunch at La Isla Beach Bar where crispy coconut shrimp and smoky chicken wings offer serious satiation.

If you're in town on the weekend, be sure to stop by the Red Coral Lounge at night for "Salsa and Sushi," where each evening the kitchen serves up fusion sushi offerings (traditional churrasco, creamy avocado, sweet plantain) while a live band adds a festive energy to the dance floor.

Salsa yourself silly, then quench your thirst while celebrating local flavours with an ice cold bottle of Medalla Light or a classic mojito spiked with Bacardi Oakheart.

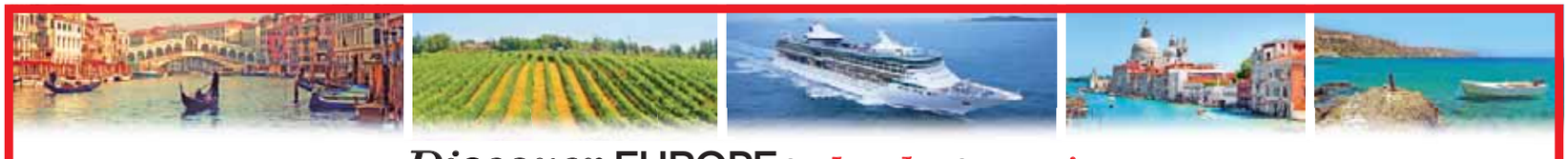
Looking to explore Puerto Rico's top attractions?

Start your adventure with a rum-filled afternoon at Casa Bacardi, aptly titled The Cathedral of Rum.

It feels a bit like 'Disney Does a Distillery,' as guests are whisked around the property on Bacardi-bat-embossed limo golf carts.

Discover the beauty of ancient architecture and vibrant natural wonders while first strolling back in time through Spanish colonial Old San Juan.

Then, finish off your trip with a jungle mountain hike of El Yunque Rainforest where there are plenty of tranquil waterfalls and panoramic coastal views that offer perfect photo ops.



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Bucket List

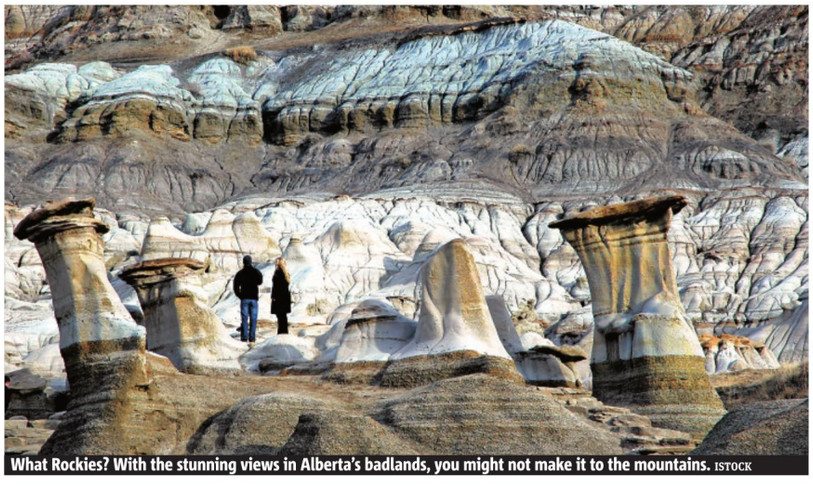
Space: The final frontier

Even at $250,000 US a pop, seats are selling for the soon-to-liftoff Virgin Galactic trips to space. Approximately 530 people have already signed up, now that space travel has been made so affordable! Travellers get three days of training in New Mexico at Spaceport America before heading 50,000 feet into sub orbit at almost 4,800 km/h. Not only do you experience zero gravity and have a chance to look down on all the rest of us, you also get to rub elbows with airline co-owner Richard Branson. Virgin has already enlisted the help of more than 100 space agents, but you can simply visit virgingalactic.com. DOUG WALLACE/METRO

Finding the good in Alberta's badlands

Summer trip. Just a little south and east of Calgary, try your hand at being a dinosaur bone hunter

ON THE MOVE
Loren Christie
life@metronews.ca



What Rockies? With the stunning views in Alberta's badlands, you might not make it to the mountains. ISTOCK

Heading to Alberta this summer?

The Rockies are amazing, but don't skip the Canadian Badlands. This large area east and southeast of Calgary offers a variety of sites and activities that are too good to be missed.

Dinosaur Provincial Park is a UNESCO world heritage site that is home to 40 species of dinosaurs.

Surrounded by hoodoos and unearthly scenery, go on a guided tour or be part of a dig. Would-be paleontologists are given a toolkit that includes an awl, a paintbrush, a hammer, and a dental pick for the more delicate work.

I barely had my hands dirty last summer at Bone Bed 30 before I realized I was staring at actual fossilized dinosaur bones.

It is impossible not to find a fossil, whether it's a small piece of tendon or the edge of giant femur; the natural history is everywhere.

Remember as part of your planning that Dinosaur Provincial Park and the better-known Royal Tyrrell Museum are not the same place and are actually two hours' drive apart. Pre-book your tour or dig in advance.

If arts and crafts are more your speed, head to Medicine Hat and check out the former Medalta clay factory, now a national historic district.

The iconic beehive kilns of the former factory can still be toured. A highlight is the surprisingly cool museum, which chronicles the history of the factory.

My favourite displays are the china collection used by Canadian Pacific hotels during the golden age of travel and the line of dinnerware created for Ethiopian Emperor Haile Selassie. The Yuill Family Gallery showcases rotating exhibits, including creations from Medalta's artist in residence program.

The town of Elkwater is the entry point into Cypress Hills Interprovincial Park. Straddling the border of Alberta and Saskatchewan, it is the only interprovincial park in Canada.

In addition to the expected variety of hiking trails, the park includes Elkwater Lake, which provides a perfect spot for all varieties of water sports.

I got a lesson on canoeing while I was there from the park staff. Camp or spend the night at a lodge in Elkwater if sleeping on the ground is not your thing. The park is also one of a growing number of places across the country that has a Dark Sky Preserve.

For stargazers out there, the lack of light pollution makes for some amazing night sky viewing.

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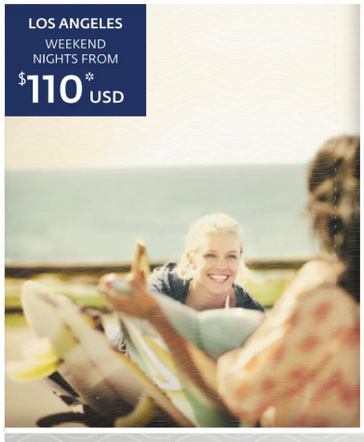

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Be assured that this industry offers the same security you'll be selling

Safe in your success.
Five things to know about pursuing work in the insurance industry

MEGHAN GREAVES
TalentEgg.ca

The insurance industry may conjure up images of being confined to a cubicle, but many positions in the field will see you actively engaged in your tasks. ISTOCK

Before you start a career, it's important to find out all the key details you can about the field you're interested in.

While you'll learn a lot hands-on, a little bit of research can go a long way in preparing you for the perks and challenges of a particular career. The following five attributes of the insurance industry can help you get started.

It's inclusive

One of the great things about pursuing a career in the insurance industry is that you don't have to have a specific educational background or set of work experiences.

While there are many insurance diploma programs, certifications and specializations that can offer you a distinct advantage, you can hatch a great career in insurance without necessarily having a background in it.

Many top insurance companies assess potential hires based on their knowledge, skills and previous work experience as they relate to current needs. Since insurance is involved in so many different aspects of our lives, that previous knowledge and experience can come from many different areas: cars, business, medicine, the law and infrastructure are all excellent examples.

Employers in insurance recognize that some additional training and education is required to ensure you can excel in your insurance career and to round out your knowledge. Often, the cost for this training will be picked up by your employer.

Insurance is also inclusive from a demographic perspective, with 63 per cent of industry professionals being women, and 14 per cent identifying as a visible minority compared with 17 per cent in the general Canadian labour market.

It's exciting

Many people see working in insurance as a nine-to-five desk job that involves working in isolation.

Nothing could be further from the truth. While many roles do have an element of independence, an insurance career often calls for frequent client interaction, teamwork, networking and professional stewardship.

These activities not only provide variety, they also provide a well-rounded set of experiences that can help you find a role or set of responsibilities that match how you like to work.

The roles are highly varied

Besides a range of different responsibilities, opportunities for career specialization abound in insurance.

Whether you are a number cruncher, like working with people, can spot trouble before it happens, or enjoy research and analysis, there is likely a role for you.

Job opportunities include: claims representative, underwriter, insurance adviser and more. These positions include tasks such as developing strategies and putting policies into place for your clients, understanding the goals and risk tolerance of your clients and being an independent and collaborative worker to meet personal and team goals.

You can specialize in insurance

There are lots of college and university programs, specializations, designations, and certifications out there to give your education an edge in the insurance field, or specialize your skills to a particular insurance career path.

The same goes for specializing within the industry; as your career evolves, you may have the opportunity to develop niche expertise focusing on one area of the sector.

These areas can be as specific as fine wine collections, cyber liability, directors and officers insurance (for corporations, not-for-profits and other groups), or even sports and entertainment insurance.

Essentially, you can build on your education and experience to take you exactly where you want to go.

Even if you aren't sure where your interests lie just yet, it's great to know that you can specialize in your chosen field if you want to.

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Since the insurance industry welcomes candidates from a diverse range of backgrounds, there's a heavy emphasis on training and development, both in terms of onboarding and continual learning.

- Career development programs and trainee programs are popular training formats for insurance companies to offer new hires. These training programs are designed to get you up to speed, whether you're taking your first step in the industry or moving into a more senior role.

Twitter

TalentEgg #QuestionoftheDay: Including your picture on a resume – DO or DON'T?

@Melvin_Prakasan
don't? I don't see why a picture would make a difference. Right?

@TrentCareerCntr
In our experience: Internationally, it maybe appropriate but most domestic jobs will not include a picture.

@CareerInBeer
No need - we want to focus on your skills, not photo!

@Erik4Target
have a great @LinkedIn photo. If someone needs to see you (maybe to remember meeting you), then they can find you there!

@laurengineer
Depends where you're looking to work! In Canada, you shouldn't have to, but abroad it can be recommended #doyourresearch #jobs

@SamiRahman
Don't. It's unfair to be judged on your looks. But research has shown, @LinkedIn profiles with photos get more views.

What have you got to offer an insurance agency?

A relevant resumé.

Focus not on what you've done, but the results and outcomes from each of your previous roles

MEGHAN GREAVES
TalentEgg.ca

If you're thinking of hatching a career in insurance, you probably already know why the industry is such an extraordinary place: huge career potential, variety, stability, reward, and the opportunity to work for some of the top businesses around the world.

If you're in the midst of applying to insurance jobs or are looking into roles for down the road, it's important to know which skills your potential employers are seeking during the application process.

Here are some of the most sought-after skills you'll need for success in your insurance career.

Communication

In an insurance role, you'll be required to communicate with internal and external stakeholders. This is why employers seek candidates who stand out when it comes to their communication skills.

When applying for an insurance role, be sure to showcase any experiences, courses, or volunteer work that have developed your communication skills and be sure to highlight them in your application.

Though there may be times when you are working independently in your insurance position, you will ultimately be working as part of a team to achieve organization-wide objectives. Social skills are key. ISTOCK

Customer service

As an insurance professional, you will be managing multiple relationships and priorities. Ensuring that you are understanding your customers' needs, professionalism, managing your time and their expectations effectively and delivering what you promise can play a key role in a successful insurance career.

Any experience that helps you demonstrate your ability to respond to inquiries, manage a high volume of traffic, deliver some tough messages or your commitment to go above and beyond are great selling points for your application and interview.

Teamwork

Working collaboratively to identify new business opportunities, generate a solution to a problem or emerging issue, or develop a strategy to manage a potential risk effectively are just a few examples of ways you may find yourself working with your colleagues in the insurance industry.

Think about school projects, jobs you have had, committees you were a part of or extracurricular activities that had you as a part of a team (for example: band, sports teams, debate clubs, etc.).

How did you go about achieving success? What role did you play? How did you capitalize on each other's strengths? Overcome challenges?

Professionalism

Insurance is all about peace of mind.

It is important that those working in the sector are seen as the professionals they are. Demonstrating due diligence, paying attention to detail, wearing appropriate business attire, maintaining ethical standards and confidentiality, staying up-to-date on current trends and products and exercising sound judgment are all qualities that make up the package of the professional people are entrusting to help them to protect the things they hold most dear.

If you have the opportunity to engage an employer in-person or are brought in for an interview, be sure to take steps to put your best foot forward and convey that you are the professional the employer is looking for to join their team.

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Show that you're sharp

It's important to employers that you're eager to stay on top of industry developments, news, trends and information.

- Since insurance affects virtually everything we do in life and in business, there is a lot of information to keep on top of in an insurance role and it's crucial that you be in the know.
- Be ready to commit some time to continuous learning in different forums, including networking, research and professional development.

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RBC Royal Bank

What makes winners weep?

On top and in tears.
Why is it that those who achieve great things often break down and bawl?

When golfer Bubba Watson won his first major tournament — the 2012 Masters — the shaggy-haired Floridian dropped his head on his caddy's shoulder and sobbed. This month, when Watson claimed his second green jacket at Augusta National, his caddy's shoulder was again subjected to a drenching.

Tiger Woods, one of the fiercest competitors in sports, wept profusely after winning the 2006 British Open. Fellow golfer Fred Couples hid his face behind his visor when he lost complete control in a TV interview after winning the 2003 Shell Houston Open. What's this about? Why do people cry tears of joy?

It's not just golfers, by the way, and it's not just athletes. Weddings, graduations, even sometimes sex — there are a variety of joyous occasions that perplexingly turn on the tears, a physiological response predominantly associated with pain, sorrow and loss.

Ad Vingerhoets has been studying crying for years, one of few academics in the field.

"It's a lonely business," says Vingerhoets, a professor of clinical psychology at Tilburg University in the Netherlands.

Golf pro and unabashed blubberer, Bubba Watson HARRY HOW/GETTY IMAGES

Confused catharsis

"You don't know how to express your emotions, and you're really overwhelmed."
Ad Vingerhoets
Crying expert

He says the way humans cry and the triggers that turn on the waterworks differ greatly depending on the stage of life a person is in.

For helpless infants, crying is a way to communicate distress to parents. It is necessarily loud, a characteristic that changes over time. The older one gets, the less noise one makes while crying.

Vingerhoets says regardless of age, humans cry in response to powerlessness and to loss or separation. But where children and adolescents will cry in response to pain, tears as a reaction to physical pain are less commonly seen with advancing age.

Instead, adults cry about things that move them, evoke their empathy or sympathy, appeal to their sense of morality or sentimentality.

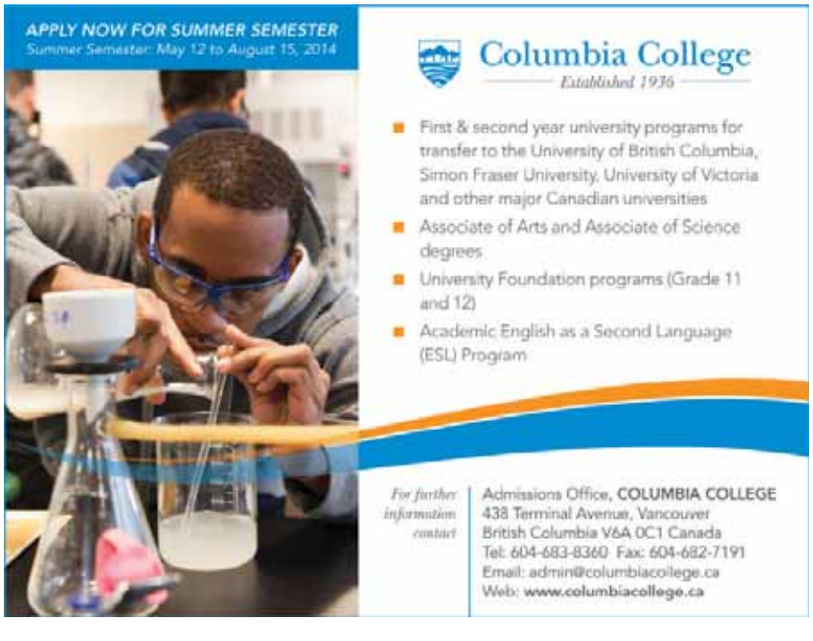
Children don't cry when they hear about someone losing their life to try to save someone else, but an adult might. Similarly, a beautiful piece of music might bring tears to adult eyes but would be unlikely to do so to a child's.

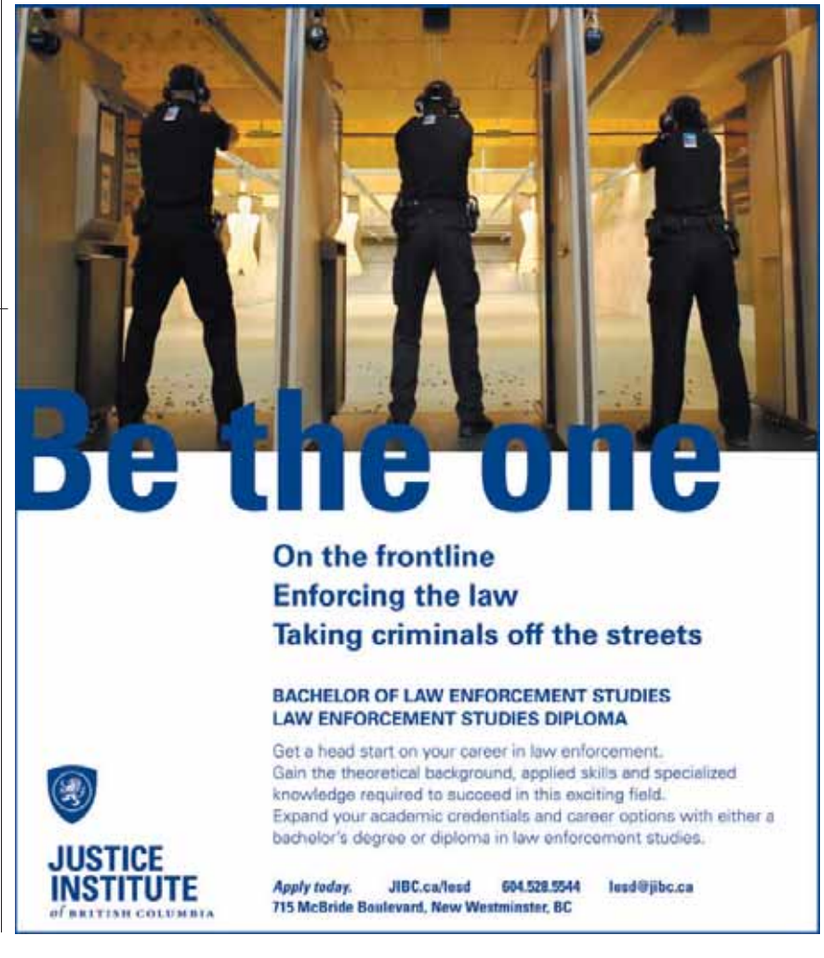
At the heart of that type of reaction may be a type of powerlessness, Vingerhoets suggests. People who are overwhelmed with emotion — even positive emotions — can have trouble processing the flood of feelings. Tears provide a release.

"You don't know how to express your emotions and you're really overwhelmed," he says.

He suggests that the athletes who cry after winning are often dealing with complex emotions. For instance, they may have effected a career comeback after overcoming adversity.

THE CANADIAN PRESS





SHOP FOR THE BEST PERKS

The good news for consumers is that the travel rewards industry is very competitive today and, as a result, banks and credit card companies have upped their travel programs and offerings to try to attract more cardholders, says Patrick Sojka, founder of Rewards Canada, an organization that tracks the various cards.

"The biggest trend on the credit card side is the waiving of the first year's annual fee," Sojka says. "So, basically, it's a free trial.

SHUTTERSTOCK

"If you keep the card after one year you will likely be charged the annual fee. However, with the way things are, you may be able to negotiate for a longer free period."

On the credit card side, the big trend is the addition of more benefits.

"Most cards are maxed out on what they can offer in terms of rewards and earning points for air miles," Sojka says. "But look for fabulous travel benefits."

Here is a quick list of what to look for:

• Travel perks such as airport lounge access and concierge services.

• A wide range of insurance benefits including travel emergency medical, trip interruption and cancellation, lost luggage, rental car collision/loss damage and hotel burglary insurance.

• Less blackout periods when you book travel on points. "We know that Canadians want to earn points faster and redeem them often without the aggravation of blackout periods and high fees," says Jennifer Douglas, Scotiabank vice-president of credit cards.

• Different ways to redeem points. Scotiabank experts also point to additional benefits such as gift cards, merchandise charities and investment and credits to redeem from.

• Exclusive hotel programs. Some cards partner with hotels to offer room upgrades and dining and beverage credits. But the more benefits like this, the higher the annual fee in general.

• No redemption deadlines.

SHUTTERSTOCK

FINDING THE BEST VALUE

If you are like most Canadians, you carry a stack of loyalty cards in your wallet. You might have an Air Miles, a Shoppers Optimum, and maybe a Cineplex Scene card. Perhaps a wad of that funny Canadian Tire money is stuffed in there, too.

Loyalty programs have edged into almost every industry, from banking and travel, to entertainment and retail. Repeat card users earn points, discounts and other perks

The Shoppers Drug Mart Optimum card is among the most popular. Some 10 million Canadians carry this card, says Tammy Smitham, vice-president, communications.

Another card — Scene — is quickly gaining attention, too. Now with 5.6 million cardholders, the program is growing "beyond the expectations" of its co-partners, Cineplex and Scotiabank, says Shawn Bloom, Scene general manager.

The idea is to use financial incentives to get customers to build a shopping history with the same store. For example, with an Optimum card, you get 10 points for every dollar spent and can redeem these points on most of the 25,000 in-store products, Smitham says.

With a Scene card, you get 10 per cent off concession purchases and off admission on Tuesdays, and collect 100 points for admission to every adult movie.

"So every 10th movie will be free; it's very good value," Bloom says.

At Canadian Tire, the country's oldest loyalty plan, you get 40 cents in "money" for every $100 spent. Now customers can get their "money" electronically as well as in paper form, giving them "the best of both worlds," says Shawn Stewart, associate vice-president, loyalty.

Increasingly, businesses are teaming up to extend card savings. You can now use Optimum points on fashion and decor items at the Beyond The Rack online store, Smitham says. Scene members can redeem points at Swiss Chalet, Harvey's and other restaurants, and, through the current promotional program with Indigo, earn points by buying certain books that have been or will be made into a movie, Bloom says.

Banks are also getting into the loyalty action. The Royal Bank, for example, has partnered with Shoppers to offer an RBC Optimum MasterCard or debit card that can be used to collect points at retail outlets other than Shoppers across the country.

SHUTTERSTOCK

UNDERSTAND YOUR POINTS PROGRAM

When it comes to belonging to a loyalty program, knowing what you want to do with the points is one way to narrow down what's appropriate for you, says Patrick Sojka, founder of Rewards Canada.

Here are other considerations:

• Be clear about what you want to be rewarded with — air miles, cash back, or merchandise.

• Keep your shopping habits in mind and be strategic. What's most important is that you are loyal to programs so you accumulate points. Plus, "splitting points amongst several cards will delay the time it takes to redemption," Sojka says.

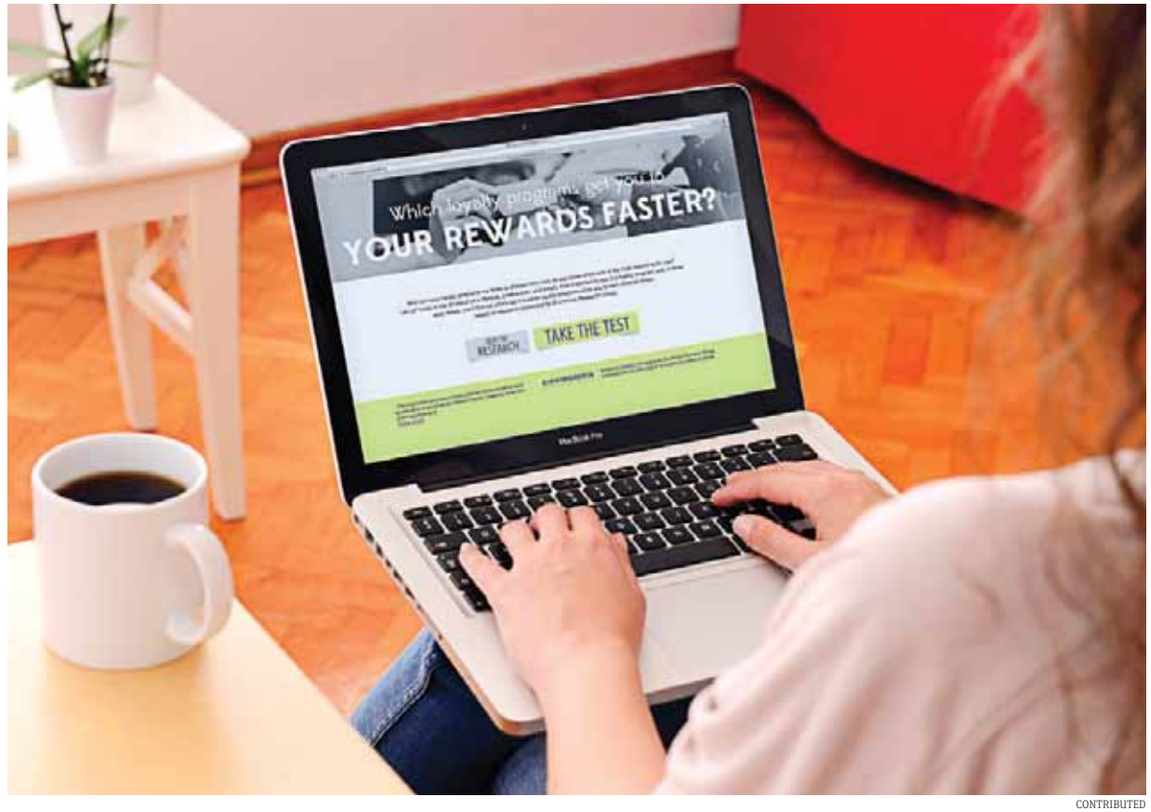
• Be sure you understand exactly how you earn and redeem points on cards including expiring policies for programs that issue miles or points.

• Keep in mind that the more flexible in terms of what the reward is, the lower the rewards rate will be in general.

• Get an Aeroplan or Air Miles card regardless, Sojka says. There are so many places where you can earn these points and so many options for redeeming them (travel, merchandise, gift cards).

FASTER REWARDS

SPRING CLEAN YOUR WALLET AND FIND THE PROGRAM THAT WORKS FOR YOU



CONTRIBUTED

Regularly reassessing loyalty program membership makes sense beyond just reducing the plastic you carry. That's because choosing the right loyalty program for you could get you to the reward you want faster.

Selecting a program from the many options on the market has traditionally been the challenging part.

Luckily, there is a free online tool to help you assess available programs in a way that levels the playing field so you can research and more easily find the program that might have the shortest "time to reward" — compareloyaltyprograms.ca.

Starting with your end goal in mind, decide what reward for which you are looking. Whether you want to earn points or miles for flights, merchandise or cash back, each program offers its own set of advantages.

"Know yourself — and your goals," say Susan Misner and Laura McDonald, founders of Golden Girl Finance, a site offering financial education in a modern, engaging way to encourage everyone to play a more active role in their finances. "Loyalty programs can make up an important part of your overall finances so you'll be rewarded for all of the research you do looking into the right program. Just be smart about where you get your information from — using a tool, such as compareloyaltyprograms.ca, gives you an apples-to-apples look at the most popular programs."

With all of the information out there, it can still be hard to narrow down which programs may be right for you. Focusing on dividend (i.e., how much a point or mile is worth) may not be the best way to decide which loyalty program can help you get to your rewards sooner. Compareloyaltyprograms.ca is powered by research from Environics Research Group and features the top 23 loyalty programs and affiliated credit cards in Canada, including many offerings new to the market this year. By answering a few simple questions on desired rewards (flight, merchandise or cash back) and spending habits (such as the types of stores where you spend the most), the tool suggests programs that may get you to your chosen reward faster.

Once you know what reward you want, it is important to assess how, where and how much you spend each month to understand which programs might benefit you most.

"Spending habits and reward preferences are unique to each household, but comparative tools and resources may not be clear about how they compare different programs," say Misner and McDonald. "With compareloyaltyprograms.ca, consumers can enter their own monthly spending figures to get an accurate assessment of programs based on their own individual personal spending patterns."

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LOYALTY PROGRAMS SHOULD SUIT YOUR STYLE

Golden Girl Finance offer tips to help consumers discover their best loyalty program matches:

KNOW WHAT YOU WANT

The best place to start when it comes to assessing whether your current loyalty program is working for you — or deciding which one to sign up for — is what reward for which you are ultimately saving to redeem. Check out compareloyaltyprograms.ca to cross-compare the top loyalty programs in Canada.

THINK ABOUT WHERE YOU SHOP

Research by Environics Research Group has shown that, on average, double-dipping using a base program card matched with an affiliated credit card greatly reduces "time to reward," no matter the reward you are after. The research has also shown that coalition programs, where there are numerous partner stores to earn miles or points at provide faster time to flight rewards, on average.

STAY TUNED-IN TO YOUR PROGRAM

Some rewards programs do a great job of keeping members in the loop with program news via social media or flyers so they can plan their spending to take advantage of offers. Consider using a credit card at partner retailers for your chosen program (double-dipping) and streamlining earning into just one or two key programs.

DO YOUR HOMEWORK

The decision is up to you, so spend a bit of time researching to decide for yourself which program is the most rewarding. Be sure to watch out for high annual fees on associated credit cards that can overshadow the benefits of the loyalty program.

Commissioned by COLLOQUY, a LoyaltyOne Research Group, Environics Research Group developed a methodology and online comparison tool that allows consumers to determine which rewards programs get them to the rewards they want as quickly as possible, based on their individual shopping patterns, program features and attributes. COLLOQUY has also provided financial compensation to Golden Girl Finance for promotion of the research and online tool.

FLY ANYTIME WITHOUT TRAVEL RESTRICTIONS

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As we head into the busy summer travel season, Canadians are undoubtedly looking for ways to use their hard-earned travel rewards points to go on that long-awaited summer holiday they have been thinking about all winter. What they don't want are blackout dates, limited seat availability and higher redemption rates during popular travel times.

A survey commissioned by Capital One Canada and Angus Reid Forum found that 68 per cent of Canadians have experienced frustrations when redeeming their points. Sixty per cent cite hidden fees, 53 per cent mentioned blackout dates and 48 per cent said the lack of available flights were their main points of dissatisfaction.

Nobody likes restrictions and more Canadians should examine their options, says Brent Reynolds, vice-president, marketing and analytics at Capital One Canada.

"There are a lot of different rewards cards on the market and with a little research, you may find a better card than what is currently in your wallet," Reynolds says.

Do you need some expert advice? RewardsCanada.ca is a great resource for Canadians who are looking for a new travel card but don't have time to do their own research.

The Capital One Aspire Travel World MasterCard, recently named Canada's No. 1 travel rewards card with a fee for the fifth year in a row by RewardsCanada.ca, lets customers fly any airline, any time, with no hidden fees or restrictions. This means customers can shop around for the cheapest flight and cash in on the savings.

Reynolds offers the following tips to consumers who are looking for a smart alternative to their current travel rewards card:

• Annual fees can vary by credit card, so consumers should be aware of the fee associated with each card option to ensure they select one that best suits their financial needs.

• Canadians love to travel, which is why travel rewards cards are so popular. Some cards only offer points in certain categories, like gas and groceries. Other cards offer rewards on all purchases, which means you can earn rewards faster. Take the time to research which card will give you the best bang for your buck.

DONATE POINTS FOR A WORTHY CAUSE

Collecting loyalty points makes it easier to be a Good Samaritan.

Many reward programs allow members to donate points toward a worthy cause. Shoppers Drug Mart, for example, has a list of more than 240 registered charities, including Big Brothers and Sisters, and the Alzheimer's Society, to which you can contribute, says Tammy Smitham, vice-president, communications.

Your goodwill can extend even further afield. Shoppers, along with Aeroplan, Air Miles, and the Hudson's Bay, allow club members to transfer their miles or points to the Canadian Red Cross, helping to provide medical assistance, food, water, and shelter to those devastated by disasters around the world.

However, you should note that these donations aren't eligible for a tax receipt. Also, experts advise donors to read the fine print because not all charity programs are alike.

And while you can collect Optimum points on prescription drugs and certain health services such as flu shots in some places in Canada, including British Columbia, you can't use these points towards another person's health care.

SHUTTERSTOCK

But, closer to home, you can put your Canadian Tire rewards towards a donation to an eligible community group, including Canadian Tire Jumpstart. The Jumpstart program covers costs of sports and recreation programs, including registration, equipment and transportation, for disadvantaged kids.

For example, the program lent support to teach water safety and swimming skills to children in the St. James Town neighbourhood of Toronto. This neighbourhood has 60 ethnic groups and new Canadians and many kids here had never learned to swim.

Another recent example was the organized climb this past January of Mount Kilimanjaro, Africa's highest peak, to raise funds to help kids participate in organized sporting activities.

If you feel like being generous to your own loved ones, consider shifting your points to a friend or family member. Many programs allow you to do this, including Shoppers. Why not surprise mom on her birthday, for example, with enough collected Optimum points to buy her favourite perfume?

UNIQUE USES

Canadians have come up with some unique ways to use their loyalty points. Here are some unusual ways they have used Canadian Tire money (CTM):

• A Toronto-based musician used the $6,200 in donated CTM to help pay for his album.

• An Edmonton man spent 15 years saving more than $1,050 in CTM to buy a high-end lawn mower.

• A member of a Facebook group for CTM purchased $611 worth of household and car accessories.

• Vancouver residents solicited CTM to buy sleeping bags, blankets and other supplies for the homeless.

• The owner of an Alberta pub came up with an exceptional drawing card by allowing customers to buy drinks with CTM once a week.

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Bursts of sweet, tangy and spicy in every curry-filled bite

Thai Grapefruit Curry. A hit of heat to marry with fresh grapefruit enhances the curry and rounds out the flavour of the dish

DINNER EXPRESS
Emily Richards
food@metronews.ca

Ingredients

- 1 tbsp (15 ml) canola oil
- 1 shallot, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 ml) Thai green curry paste
- 1 small Thai chili pepper, seeded and sliced
- 1/2 tsp (2 ml) grated grapefruit rind
- 1/3 cup (75 ml) ruby red grapefruit juice
- 1/2 cup (125 ml) coconut milk
- 2 tbsp (30 ml) fish sauce
- 1 lb (454 g) large raw shrimp, peeled and deveined
- 1 tsp (5 ml) cornstarch
- 1 tsp (5 ml) water
- 1 ruby red grapefruit, peeled and segmented
- 2 tbsp (30 ml) chopped fresh cilantro or mint

This recipe serves four. FLORIDA DEPARTMENT OF CITRUS

Love shrimp? I certainly do. With its versatility and fast cooking methods, you can have a quick easy meal.

Always look for shrimp when they're on sale and pick up a couple of bags. They freeze well and are great for a quick stir-fry, on the grill or for a last-minute appetizer. Shrimp is a great protein when you want to think a bit outside the box and try new flavour combinations, and visit different countries while doing it.

This recipe, which I developed for the Florida Department of Citrus, uses a hit of spicy curry to marry with fresh grapefruit, which enhances the curry and rounds out the flavour of the Thai-inspired dish. It is easy to make and sings out with a sweet, tangy, spicy and creamy combo.

FLASH FOOD

From your fridge to your table in 30 minutes or less

1. In a skillet, heat oil over medium heat and cook shallot and garlic for 2 minutes. Stir in curry paste and chili pepper; cook for 1 minute. Add grapefruit rind and juice, coconut milk and fish sauce; bring to a simmer.

2. Add shrimp and cook, stirring for 4 minutes or until firm and cooked through.

3. In a small bowl, whisk together the cornstarch and water. Stir it into the shrimp mixture along with grapefruit segments and cilantro. Spoon Thai Grapefruit Curry over rice to serve.

Goalkeeper balances soccer and being a dad

MLS. David Ousted's wife gave birth to twin boys on Friday, one day before Vancouver played L.A. Galaxy

CAM TUCKER
cam.tucker@metronews.ca

Whitecaps goalkeeper David Ousted dives after a shot against the Galaxy at BC Place Stadium on Saturday. DARRYL DYCK/THE CANADIAN PRESS

Sleep has been difficult to come by lately for David Ousted, but for the best of reasons: His wife gave birth to twin boys on Friday.

"I'm really happy and I'm really tired," said Ousted, the Vancouver Whitecaps' starting goalkeeper, with a grin.

The 29-year-old Ousted and his wife are already the parents of a young daughter who is pushing two years old. The father is expecting the newborn twins to be released from hospital any day now.

"I know the drill," he said.

The Whitecaps returned to training on Tuesday, following a 2-2 draw with the L.A. Galaxy on Saturday and a pair of days off. Ousted was back at his typical post, using his six-foot-four-inch frame to knock away and deflect oncoming shots from his teammates on a beautiful day at UBC.

Ousted was able to get a decent amount of shut-eye before Saturday's match, imperative so he and head coach Carl Robinson could feel good enough about him starting against the Galaxy.

Despite giving up two goals — Robinson was critical of the defending on both — Ousted was otherwise solid, making four saves against a talented squad armed with two of the league's most well-known scorers — Landon Donovan and Robbie Keane — in its lineup.

Quoted

"I knew it would be a different experience, but I knew I could handle it mentally."

David Ousted on his wife giving birth to twins on Friday and going to work the next day.

Ousted said he spoke with local sports psychologist David Cox prior to the match, and his mental coach back home in Denmark who he talks to before every game.

"I knew it would be a different experience but I knew I could handle it mentally," said Ousted, who has started 20 consecutive matches for the Whitecaps dating back to Aug. 3 of last year.

"I work really hard at the mental aspect of the game and being in the here and now is really important. It's not about what's going to happen in one or two hours, or five minutes from now. It's about what happened in there (against the Galaxy) and in there I was the goalie for the Whitecaps. I had to focus on that.

"Then after the game, I went home and I was a dad again."

Stakes high for B.C.'s MacDonald at UFC 174

UFC welterweight fighter Rory MacDonald, of Quesnel, B.C., speaks during a press conference at Rogers Arena on Tuesday. MATTHEW DESOUZA/FOR METRO

Rory MacDonald was just in the early days of his Ultimate Fighting Championship career when the booming mixed martial arts circuit came to Vancouver for the first time four years ago.

His fight with Carlos Condit at Rogers Arena back on June 12, 2010, didn't come with the desired result. The Quesnel, B.C.-born MacDonald, with family ties to Kelowna and Langley, suffered a knockout in the third round in which he spent most of the time trying to fend off the rabid and devastating punches of Condit, but to no avail.

The stakes this time, at UFC 174 at Rogers Arena on June 14, will be much greater — a win, and his next bout could be for the welterweight championship.

Finding ways to win

6

Of Rory MacDonald's 16 victories, six have come via knockout and another six by submission.

The UFC stopped its media tour in town Tuesday, trotting out MacDonald and his opponent in less than two months time, Tyron Woodley, as well as current flyweight champion Demetrious Johnson.

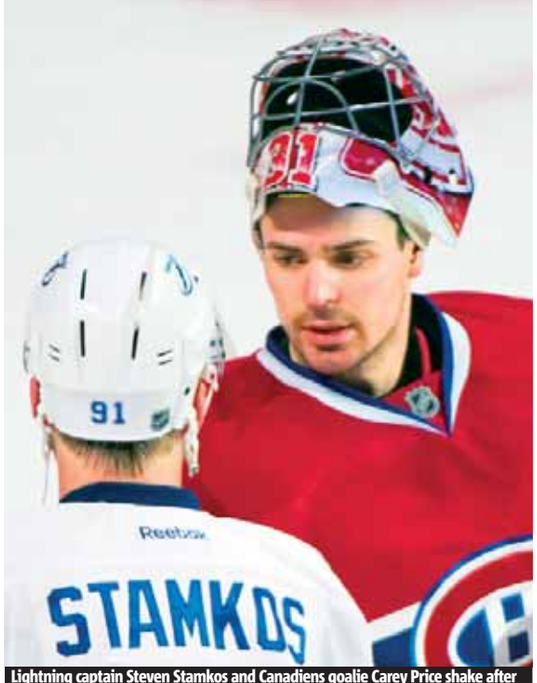
"I've had a lot of fights since then and a lot of time for people to see what I'm about," said the 24-year-old MacDonald, who now fights out of Montreal.

The June 14 event will mark the third time UFC comes to Vancouver. It's been three years since the last stop, back in June of 2011.

Tom Wright, the UFC managing director for Canada, Australia and New Zealand, credited British Columbia's commencement of a BC Athletic Commissioner in May of 2013.

"We really do want to consistently come to Vancouver … but not until there (was) an athletic commission here that regulates the sport on a provincial basis." CAM TUCKER/METRO

Faster than Lightning



Lightning captain Steven Stamkos and Canadiens goalie Carey Price shake after Montreal's win on Tuesday night at Bell Centre. GRAHAM HUGHES/THE CANADIAN PRESS

NHL playoffs. Habs fans euphoric after sweep-clinching win over Tampa Bay in Montreal

Max Pacioretty scored on a power play with 43 seconds left to play as the Montreal Canadiens completed a four-game sweep of the Tampa Bay Lightning with a 4-3 victory on Tuesday night.

Montreal now faces a long wait for the Eastern Conference semifinal against the winner of the Boston-Detroit series.

Pacioretty was parked on the doorstep to bang the rebound of Thomas Vanek's shot past Kristers Gudlevskis to send the 21,273 spectators into a frenzy.

The Canadiens entered the third period up 3-1 with a 29-13 shot advantage, but the Lightning tied it by the 6:31 mark on goals from Victor Hedman and Tyler Johnson.

A tripping penalty on Cedric Paquette with 2:11 left to play allowed Pacioretty to get the winner on Montreal's second power-play goal of the series.

Daniel Briere, Lars Eller and Brendan Gallagher also scored for Montreal. Ondrej Palat also scored for Tampa Bay, whose rookie-laden lineup could not keep pace with Montreal. The Bolts also played the series without No. 1 goalie Ben Bishop, who has a left-arm injury.

For a second straight game, the Bell Centre was at fever pitch with old-time pop star Ginette Reno singing the Canadian anthem. But while it took Rene Bourque only 11 seconds in to score the first goal in Game 3, this time it took 2:24 for Briere to open the scoring. THE CANADIAN PRESS

Sweep talkers

1993

Montreal's win Tuesday night clinched the Canadiens' first sweep since they took the Buffalo Sabres out in four straight in 1993 en route to the last of their 24 Stanley Cups.

Next up for Habs. Bruins shut out Red Wings to take over series lead

Tuukka Rask finished with a 23-save shutout to give the Boston Bruins a 3-0 win over the Detroit Red Wings on Tuesday night for a 2-1 playoff series lead.

Dougie Hamilton and Jordan Caron scored in the first period, and Patrice Bergeron added an empty-net goal late in the game. The Presidents' Trophy-winning Bruins are ahead for the first time in the opening-round series — and it seems like a commanding lead the way Boston has played the past two games.

Detroit has to win Game 4 on Thursday night to avoid facing elimination when the series shifts back to Boston.

Since the Red Wings won Game 1 on Pavel Datsyuk's goal late in the third period, they have been outscored 7-1.

Boston, the defending Eastern Conference and 2011 Stanley Cup champions, are big, strong, fast and talented. In the regular season, Boston led the NHL with 117 points and showed just how dominant it can be after losing the contested Game 1. THE ASSOCIATED PRESS

New York at Philly

Rangers lead 2-1

The New York Rangers finished with a 4-1 win over the Philadelphia Flyers in Game 3 on Tuesday. Henrik Lundqvist stopped 31 shots to give the Rangers a 2-1 lead in the best-of-seven series. THE ASSOCIATED PRESS

Crowned!

Sharks up 3-0

The San Jose Sharks moved to the brink of the second round with a 4-3 overtime win against the L.A. Kings Tuesday. Patrick Marleau ended it for the Sharks with his third goal of the series. THE ASSOCIATED PRESS

Concordia's Smith ripe for CFL draft

Top prospects list out. After missing the fall and winter rankings, defensive lineman shoots up to No. 4 pick

Quinn Smith's CFL draft stock is on the rise.

The Concordia Stingers defensive lineman was ranked fourth among the CFL scouting bureau's top-15 prospects for May's draft, after missing out on the fall and winter lists.

But the six-foot-two, 305-pound Toronto native raised eyebrows at last month's CFL combine, excelling on both sides of the ball. And that versatility will enhance his chances of being taken early in the draft. The Ottawa Redblacks hold the first pick overall.

Whatever comes

"It doesn't matter what city, what team. I'm going to be happy wherever I go."

Concordia Stingers' defensive lineman Quinn Smith

"Obviously I felt I should've been on the first two but I'm very happy that my hard work paid off to be quite high on the new list," Smith said during a CFL conference call Tuesday. "I want to be a professional football player.

"It doesn't matter what city, what team. I'm going to be happy wherever I go."

Once again, Laurent Duvernay-Tardif, McGill's highly rated offensive lineman, topped the rankings. But the six-foot-five medical student is projected as a mid-round NFL draft pick. Where he is taken by an NFL club will directly affect when he's selected in the CFL draft.

David Foucault, Montreal's 300-pound offensive tackle, moved up a spot into No. 2, with Laval offensive lineman Pierre Lavertu dropping to No. 3. St. Francis receiver Devon Bailey also dropped one position behind Smith into No. 5. Manitoba defensive tackle Evan Gill remained at No. 6, ahead of Western defensive lineman Dylan Ainsworth. Manitoba running back Anthony Coombs moved up to No. 8, ahead of Simon Fraser offensive lineman Matthias Goossen and Queen's defensive back Andrew Lue.

Rounding out the top-15 were Laval defensive back Adam Thibault, Simon Fraser linebacker Casey Chin, Montreal defensive lineman David Menard and defensive back Antoine Pruneau and Western linebacker Beau Landry.

With Duvernay-Tardif expected to head to the NFL, Foucault is being mentioned as the most CFL-ready prospect among the eligible offensive linemen. But he, too, is attracting American interest, having recently interviewed with NFL clubs at the league's Super Regional combine earlier this month in Detroit despite suffering a foot injury while running his 40-yard dash. THE CANADIAN PRESS

NBA playoffs. DeRozan far from frozen as Raptors even up series with Nets

DeMar DeRozan poured in 30 points to lift the Toronto Raptors to a 100-95 victory over the Brooklyn Nets in Game 2 of their playoff series Tuesday, showing none of the post-season jitters that had plagued him in Game 1.

The best-of-seven Eastern Conference series is now tied at one game apiece.

Amir Johnson had 16 points and nine rebounds, Jonas Valanciunas had 15 points and 14 boards for his second double-double of the series, while Kyle Lowry had 14 points, nine boards and six assists. Patrick Patterson added 12 points and nine rebounds for the Atlantic Division champions.

Joe Johnson topped the Nets with 18 points, while Deron Williams had 15, Mirza Teletovic added 14, and Kevin Garnett fnished with 13.

Toronto outrebounded Brooklyn 52-30.

THE CANADIAN PRESS

That's The Truth

"I think it's just in the DNA. Everybody don't have it, everybody's not born with it. Can't buy it at Costco or Walgreens. It's in the DNA."

Nets forward Paul Pierce, explaining his career-spanning ability to come through in crunch time. Scan the above image to view a gallery of some of Pierce's clutch moments.

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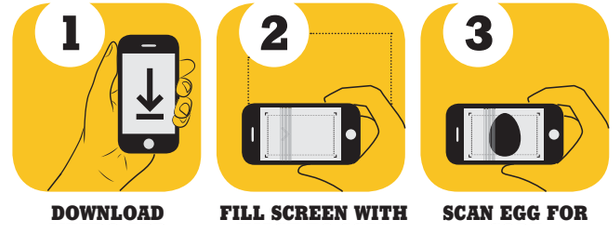

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Receive CAD$1,000 towards select Ford Custom truck accessories, excluding factory-installed accessories/options ("Accessory/ies"), with the purchase or lease of a new 2013/2014 Ford F-150 (excluding Raptor) or Super Duty (excluding Chassis Cabs) (each an "Eligible Vehicle") delivered or factory ordered during the Program Period (the "Offer"). Offer is subject to vehicle and Accessory availability. Offer is not redeemable for cash and can only be applied towards eligible Accessories. Any unused portions of the Offer are forfeited. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. ††Until April 30, 2014, lease a new 2014 F-150 Super Crew XLT 4x4 with 5.0L engine and get 1.49% annual percentage rate (APR) financing for up to 24 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a vehicle with a value of $43,849 at 1.49% APR for up to 24 months with $1,950 down or equivalent trade in, monthly payment is $299, total lease obligation is $9,126 and optional buyout is $22,363. Offer includes Manufacturer Rebate of $7,750, $750 cash alternative to accessories, $1,100 Ford Credit Cash, and freight and air tax of $1,800 but excludes optional features, administration and registration fees(administration fees may vary by dealer), fuel fill charge and all applicable taxes. Taxes payable on full amount of lease financing price after Manufacturer rebates deducted. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. Excess kilometrage charges 16¢per km F-Series plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. ▲Offer valid from April 1, 2014 to April 30, 2014 (the "Offer Period") to Canadian residents who purchase finance or lease (during the Program Period) a new 2014 F-150 SuperCrew XLT 4x4 (300A) (the "Eligible Vehicle") and finance through Ford Credit Canada Limited will receive CAD$1,100 (the "Offer"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Offer per each Eligible Vehicle purchase or lease. Taxes payable before Offer amount is deducted. Not combinable with BFT Loyalty/Conquest offer. ◆Offer only valid from April 1, 2014 to April 30, 2014 (the "Program Period") to Canadian resident customers who own or are currently leasing (during the Program Period) a Ford or Lincoln Pickup Truck (F150, F250-450, Ranger, Lincoln Mark LT, Lincoln Blackwood) (each a "Qualifying Loyalty Model"), or any competitive pickup truck with a pickup bed (each a "Qualifying Conquest Model") and purchase, lease, or factory order (during the Program Period) a new 2013/2014 F-150 (excluding Raptor, XL 4x2 Value Leader, and 2014 F-150 SUPERCREW XLT 4X4 package 300A) (each an "Eligible Vehicle"). Qualifying customers will receive CAD$1,000 (the "Incentive") towards the purchase or lease of the Eligible Vehicle, which must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales, per Qualifying Conquest/Loyalty Model. Each customer will be required to provide proof of ownership/registration and insurance of the applicable Qualifying Conquest/Loyalty Model for the previous 3 months and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Taxes payable before Incentive is deducted. ***Estimated fuel consumption ratings for 2013 F-150 4x4 5.0L V8 6-speed automatic transmission: [15.0L/100km (19MPG) City, 10.6L/100km (27MPG) Hwy]. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading, vehicle equipment, vehicle condition, and driving habits. ‡‡F-Series is the best-selling pickup truck in Canada for 48 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales reports, up to December 2013. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

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See that symbol? It means you can scan the photo below with your Metro News app to see a video of the concept GLA Mercedes-Benz unveiled in Shanghai last year

2015 Mercedes-Benz GLA

- **Type.** Four-door, all-wheel drive compact wagon.
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (208, 355 in the GLA45 AMG)
- **Transmissions.** Seven-speed automated manual with paddle-shift controls.
- **Base price (incl. destination).** $42,500 (est.)

Market position

The GLA, based on the CLA sedan, is an example of high-end automakers introducing lower-priced products. The trick is to do it without alienating traditional buyers who seek the exclusivity of a luxury brand.

Points

- Rounder styling separates GLA from the larger GLK
- Base four-cylinder engine generates decent power, but performance AMG version blows it away
- Seems as though the manual transmission era is over at Mercedes-Benz
- Attractive base price could rapidly escalate unless option list is avoided
- Expect this model to rival the CLA sedan in popularity.

Without the sloping roof of the CLA, the GLA is 20 centimetres shorter. The hatch opening therefore accommodates bulkier — not longer — items.

Safety

Front airbags; side-impact airbags; side-curtain airbags; driver's side knee airbag; anti-lock brakes; traction control; stability control. L/100 km (city/hwy) 8.2/5.5 (base 2.0, est.)

A frugal option from Mercedes

PHOTOS: WHEELBASEMEDIA.COM

Compare

1 Acura RDX
Base price: $43,200
Less sporty than first-generation model, but a powerful V6 makes it a winner.

2 BMW X1
Base price: $39,100
Attractive base wagon emphasizes economy over performance.

3 Lincoln MKC
Base price: $41,800
New Ford Escape-based model should do well in an expanding category.

Review. How a car that could have been a compromise actually ended up being anything but

MALCOLM GUNN
wheelbasemedia.com

Mercedes-Benz traditionally caters to its financially comfortable clientele with some deliciously desirable machinery. But in North America, the automaker is making an equally strong pitch to a younger, less affluent audience by introducing the 2015 GLA wagon. It's a companion model to the coupe-like 2014 CLA sedan that resides at the lower-priced and fuel-frugal end of the market.

Mercedes-Benz isn't alone here. Other premium-oriented brands, notably Audi and BMW, are launching similarly sized, or even smaller cars. By doing so, they are improving their respective corporate average fuel economies (CAFE) in accordance with the U.S. government regs. The GLA, which launches in Canada this fall, gives entry-level Mercedes-Benz shoppers a clear choice of vehicles that actually compromise little in the way of power and features.

Those who prefer the smooth look of the CLA sedan can choose that route, while the more practically minded can opt for the sport-wagon look and added carrying capacity of the GLA. Each car has its pluses and minuses, but the form-over-function CLA will ultimately be sharing a big slice of the econo-luxury podium with the GLA.

The GLA's dash layout is a carbon copy of what you'll find in the CLA sedan. The dashtop screen doesn't retract and there's no console shift lever.

Given their commonality, it makes sense that the GLA and CLA share the same powertrains. The GLA250 4MATIC runs with a turbocharged 2.0-litre four-cylinder that generates 208 horsepower and 258 pound-feet of torque. Step up to the GLA45 AMG (4MATIC) and those values increase to 355/332. Although the displacements are equal, the AMG engine block has been strengthened and its higher output turbocharger produces nearly twice the boost of the GLA250's.

Both powerplants use a seven-speed automated manual transmission with paddle shifters that produces quicker upshifts and downshifts than a traditional automatic/torque converter combo.

Ultimately, the GLA-Class should be as enticing as the CLA, but should hold greater appeal for budget-minded buyers wanting more practical family transportation along with a three-pointed star affixed to the grille.

5 DRIVE

Horoscopes

Aries
March 21 - April 20
You know what it is that you want so now it's just about how you are going to get it. If your plans are being held back by a lack of cash, what happens today and tomorrow will help. But ultimately, the effort must come from you.

Taurus
April 21 - May 21
Mercury joins the Sun in your sign today and your mood will be better. The next three weeks are potentially the best of the year for you, so take advantage of the opportunities that come your way.

Gemini
May 22 - June 21
Your feelings may be a bit fragile over the next 24 hours, so steer clear of people who are rude. Some days it is necessary to restrict yourself to your company.

Cancer
June 22 - July 23
Don't try to solve others' problems by yourself. Be generous, especially with time and sympathy, but recognize that the only way friends will solve their issues is by looking for them themselves.

Leo
July 24 - Aug. 23
Mercury, planet of the mind, crosses the career angle of your chart today, which means you will no longer be able to kid yourself about what is and is not possible.

Virgo
Aug. 24 - Sept. 23
This is one of the best times of the year for you and it will get even better over the next few days as Mercury, your ruler, opens your mind to new possibilities.

Libra
Sept. 24 - Oct. 23
Whatever it is that you fear, you need to put a name to it because only then will you be able to face it and conquer it. Most likely you have been worrying for no good reason.

Scorpio
Oct. 24 - Nov. 22
It may feel as if you have no control over what is going on in your life but that simply isn't true. You have, however, allowed people to dictate to you what you can and cannot do. It's time to make it clear that enough is enough.

Sagittarius
Nov. 23 - Dec. 21
While everyone is running around and bumping into each other as if the end of the world is nigh, you will be the picture of tranquility. That may mean you have no idea what is going on but there are times when ignorance is OK.

Capricorn
Dec. 22 - Jan. 20
Yours may not be the most flexible sign but it will pay you to make an effort to adapt today. You have a great deal going for you at the moment but to make the most of it, be less set in your ways.

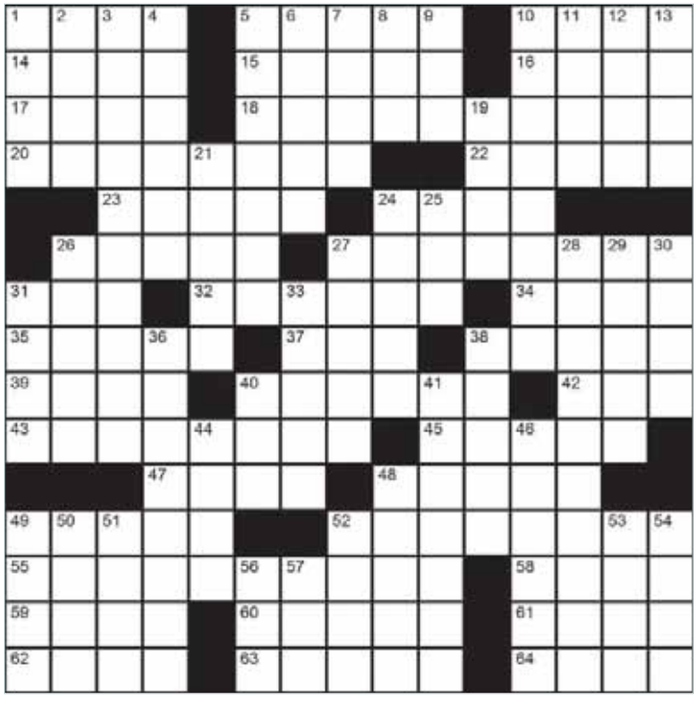
Aquarius
Jan. 21 - Feb. 19
You will learn something over the next 24 hours but if you are smart, you will keep it to yourself for now. What you find out about a situation could be beneficial.

Pisces
Feb. 20 - March 20
Sometimes it's good to get away from your duties and chores and lose yourself in activities you really enjoy. Such a time is now. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

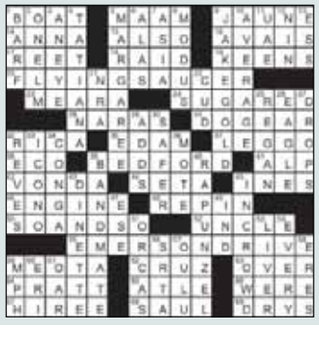
BY KELLY ANN BUCHANAN



Across
1. Daytime/nighttime
5. Theatrical work, __ Godunov
10. Havana's locale
14. TV handyman Bob
15. Mediterranean vacation island
16. Kitchen's kiln kin
17. Scrapes, budget-wise
18. __ of Canada
20. Canadian brand of toilet paper
22. Gather
23. Ms. Skye of "Say Anything..." (1989), and namesakes
24. Painting subject (en francais) for Manet
26. Terra __
27. __ Desert (Located in the Yukon, it's endearingly called the world's smallest desert)
31. '_' __ in Toronto
32. Northern Ontario city, __ Lake
34. __-_-soup
35. Crows
37. Pac. opposite when looking at Canada
38. Canadian newsman Mr. Mansbridge
39. __ of the moment
40. Invitees
42. Monk's title
43. Artsy statesman of ancient Athens
45. Cosine or sine
47. Wuthering Heights expanse
48. Voyageur's transport
49. The __ of 2014
52. Frontman of Rush: 2 wds.
55. Rare baleen creature: 2 wds.
58. Inactive
59. Ms. Reid
60. Boring tool
61. Foster film
62. Songstress Sheryl
63. Lances
64. Steel shade

Down
1. "__ plaisir!" (Gladly, in Quebec)
2. "Grace Kelly" singer
3. Long-extinct marine reptile of ancient waters, such as of the Yukon
4. Team's sidelines cheers-leader
5. Important happening: 2 wds.
6. Some woodwinds
7. BC's Fraser, et al.
8. 'Special' suffix
9. Mediterranean isl. near Italy
10. The second 'C' of CIBC
11. Iris' place
12. Mr. Affleck's
13. Colony critters
19. Pusher-catching cop
21. Beginner bets
24. Sussex slammers
25. Mr. Linkletter
26. __ diem! (Seize the day!)
27. Quotes
28. Baseball position
29. 'I hope', to Caesar
30. Ms. Gilbert
31. Baking meas.
33. "Today" anchor Matt
36. Northern Alberta town
38. Mind your __ __ Qs
40. Mop & __ (Floor cleaner)
41. Canadian TV drama of 1996 to 2000 that viewers were 'invested' in watching
44. Haggler's concern
46. Considering, as an idea
48. Showbiz type
49. Federal org. concerning broadcasting
50. Beguiler
51. It means 'Soil'
52. Someone smitten's status
53. Addition __ (Canadian plus-size clothing chain)
54. Moray-like
56. Occurred
57. Beach structure

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		6				2		
			1		8			
3	4						8	6
		7	5		6	4		
2	6						5	9
		9	4		2	8		
1	9						3	2
			9		1			
		5				7		

Yesterday's Sudoku

2	5	4	6	1	8	9	7	3
7	9	6	3	5	2	4	1	8
1	8	3	9	4	7	2	6	5
9	3	1	2	8	6	5	4	7
5	6	2	4	7	1	8	3	9
4	7	8	5	9	3	1	2	6
3	4	7	8	2	9	6	5	1
8	1	5	7	6	4	3	9	2
6	2	9	1	3	5	7	8	4

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Check the 14 day trend.
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Coordinated by Aquarius Marketing